



RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES

Criterion I Curricular Aspects

RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

RAJAGIRI VALLEY P.O, KAKKANAD, KERALA 682039

An ISO 9001 : 2015 Certified Institution

Affiliated to Mahatma Gandhi University, Kottayam and Approved by AICTE

1.3 Curriculum Enrichment

1.3.1 Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values and Environment and Sustainability in transacting curriculum

Seminars and Workshops addressing Gender

Submitted to



Activities and Initiatives for Promoting Gender Equity 2019-24

2023-24		
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11.	An Experiential Workshop on the topic 'Better Living and Wellbeing during Challenging Times"	55
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14.	The Existence of a Woman- A Session on Movement Therapy in connection with International Women's Day	68
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Report on Self-defense Training, Kanal Campaign 2023

Programme	Self-defense class, Kanal Campaign 2023
Date	31/7/2023
No. of Participants	79 UG students of the college
Outcome	Fostered a sense of confidence and empowerment among students, enabling them to navigate the world with greater resilience and assertiveness.
Organised by	Gender Equity Cell, NSS & Kochi City Police
Resource Person	Kochi City Police
Faculty in charge	Ms. Amrutha Antony & Mr. Chandralal VS
Student in charge	Aswin S & Meera Sara John

On July 31, 2023, a self-defense class was conducted in collaboration with the Kochi City Police as part of the "Kanal Campaign 2023." Organized by the Gender Equity Club of the college, the program aimed to empower students with the skills and knowledge necessary to protect themselves in challenging situations.

The self-defense class provided participants with practical techniques and strategies for personal safety, including physical techniques for fending off attackers, as well as verbal and psychological tactics for de-escalating confrontations. Led by trained instructors from the Kochi City Police, the class emphasized the importance of awareness, confidence, and assertiveness in self-defense situations.

By collaborating with law enforcement authorities, the program ensured that participants received reliable and expert instruction in self-defense techniques. Additionally, the involvement of the Gender Equity Club underscored the importance



of promoting gender equality and empowering individuals of all genders to defend themselves against violence and aggression.

The "Kanal Campaign 2023" initiative provided a platform for students to enhance their self-defense skills while also raising awareness about the importance of personal safety and security. By equipping participants with practical tools and strategies, the program aimed to foster a sense of confidence and empowerment among students, enabling them to navigate the world with greater resilience and assertiveness.

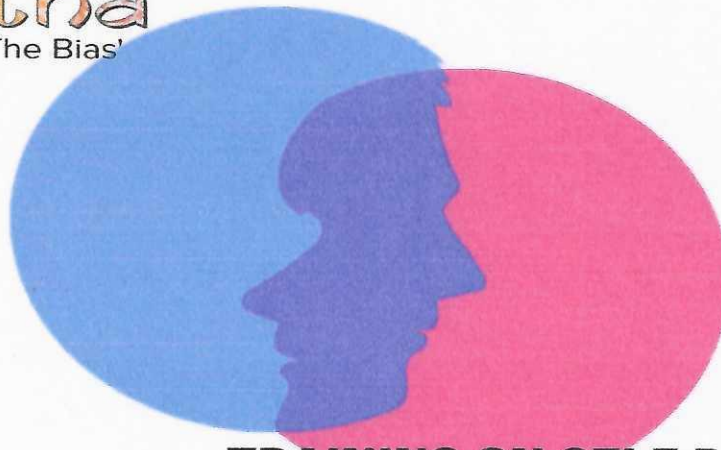
Poster of Training on Self-defense



Gender Equity Cell
& NSS unit no.236
in association with IQAC



ektha
'Break The Bias'



TRAINING ON SELF DEFENCE

July 31st | Basket Ball court | 11:30 am

(A programme collaborated by Gender Equity Cell and
NSS with Kochi City Police '**KANAL CAMPAIGN
2023**')

Student co-ordinators

Ashwin S (M1T1)
Meera Saha John (BBA1)

Faculty co-ordinators

Ms. Amrutha Antony
Ms. Jesmi Jacob
Ms. Sreeja Kumar



Photographs of the Training




Students participating in the training session



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Attendance Statement of Training on Self-defense

 **RCMAS**
Gender Equity Cell & NSS Unit no. 236 in association with IQAC
KARNAL CAMPAIGN 2023

TRAINING ON SELF DEFENCE

S.No.	COURSE	NAME	SIGNATURE
1	BA ENG	ARSHA SHANAVAS	<i>[Signature]</i>
2		NEHI SARA	<i>[Signature]</i>
3		NEHA ANNE	<i>[Signature]</i>
4		NAVYA MARIYA	<i>[Signature]</i>
5		AYISHA NAJIM	<i>[Signature]</i>
6		NAJIN SALIM	<i>[Signature]</i>
7		ROJWA R. SULTANA	<i>[Signature]</i>
8		LIJHA T.R	<i>[Signature]</i>
9		APARNA SAINATH	<i>[Signature]</i>
10	BA ANIMATION	SARA JINI	<i>[Signature]</i>
11		ROSHNA SURESH	<i>[Signature]</i>
12		AMREEN MARIAM	<i>[Signature]</i>
13		DEVANANDA K.K	<i>[Signature]</i>
14		EVA ANNA	<i>[Signature]</i>
15		CATHERINE	<i>[Signature]</i>
16	BBA	SREELAKSHMI S.P	<i>[Signature]</i>
17		MEGHA S	<i>[Signature]</i>
18		ILANIA SHAJI	<i>[Signature]</i>
19		POOJA S NAIR	<i>[Signature]</i>
20		MEERA SARA	<i>[Signature]</i>
21		SHRADHNA T.C	<i>[Signature]</i>
22		MALAVIKA	<i>[Signature]</i>
23		CHRISTINE	<i>[Signature]</i>
24		NIMISHA	<i>[Signature]</i>
25		SANDRA	<i>[Signature]</i>

26		ANUSREE	
27		ASHLEY	<i>[Signature]</i>
28		VISMAYA	
29		SAINA	
30		GIOPKA	
31		ANNA	
32		ZIAN	
33	BCA	ANN THERESA	<i>[Signature]</i>
34		AURIA THERESA	<i>[Signature]</i>
35		GAJRI S NAIR	<i>[Signature]</i>
36		AMANA ANAS	<i>[Signature]</i>
37		ALIZA ELISABETH	<i>[Signature]</i>
38		NORA VIN	<i>[Signature]</i>
39		ATHLUN TONY	<i>[Signature]</i>
40		BASHA	
41		NIYA	<i>[Signature]</i>
42	MIT	ANITTA THAMACHAN	
43		KAIRA BEN PAUL	<i>[Signature]</i>
44	M2T	PALLAVI MADHU	<i>[Signature]</i>
45		CARDI RAJJI V	<i>[Signature]</i>
46		SHRUTHI SWEETHA TOMY	<i>[Signature]</i>
47		CINTA CLEETUS	<i>[Signature]</i>
48		TANIA TOMY	<i>[Signature]</i>
49		SANIYA SUSAN	<i>[Signature]</i>
50		MARIA SHAJU	<i>[Signature]</i>
51		KEERTHANA S	<i>[Signature]</i>
52		PAVITHRA S	<i>[Signature]</i>
53		HAIFA V S	
54		PRIYA	<i>[Signature]</i>
55		JAIJA	<i>[Signature]</i>








56		NEHA	<i>[Signature]</i>
57	BADM	VARSHA	
58		LIA	
59		SRUTHY	
60	M2C	ALEENA JOE	<i>[Signature]</i>
61		TISSY SILE	<i>[Signature]</i>
62		SARSHMI JOSHY	<i>[Signature]</i>
63		CAROLINE BACHEL	<i>[Signature]</i>
64		NAVYA PHILIP	<i>[Signature]</i>
65		MARIAM H	<i>[Signature]</i>
66		RENA	<i>[Signature]</i>
67		LAKSHMI	<i>[Signature]</i>
68		VAISHNAVI	
69		SHIVANI	
70		BISMIYA	
71		MARIAM FATHIMA	<i>[Signature]</i>
72		SANDRA	
73	M2L	GRACE MARY	<i>[Signature]</i>
74		LYDIA JOSEPH	<i>[Signature]</i>
75		ANUPA ANNA	<i>[Signature]</i>
76		NIHA CHANDANA	<i>[Signature]</i>
77		ANN MARY	<i>[Signature]</i>
78		ANN ROSA	<i>[Signature]</i>
79		ABHIRAMI	<i>[Signature]</i>

Faculty coordinators
Ms Anusree Antony *[Signature]*
Ms Anusree Antony *[Signature]*

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Report submitted by	Mr. Aswin S & Ms. Meera Sara John, Department of Commerce and Management, Rajagiri College of Management and Applied Sciences, Kakkanad	 
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	 
Approved by	Ms. Amrutha Antony, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Aug 3, 2023



Dr. Laly Mathew
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley, P. O., Kakkanad - 682 039



Report on 'Gender Equality: A Shared Vision for a Better Future' (as part of Kanal Campaign 2023)

Programme	Gender Equality: A Shared Vision for a Better Future (as part of Kanal Campaign 2023)
Date	31/7/2023
No. of Participants	147 UG students of the college
Outcome	The session provided students with valuable insights into the broader efforts and initiatives aimed at advancing women's rights and empowerment at the district level.
Organised by	Gender Equity Cell, NSS & Dist. Women and Child Development Department, EKM
Resource Person	Prof. Neena Joseph
Faculty in charge	Ms. Amrutha Antony & Mr. Chandralal
Student in charge	Aswin S & Meera Sara John

On July 31, 2023, an interactive session on gender equity was held in collaboration with the District Women & Child Development Department Ernakulam as part of the "Kanal Campaign 2023." The session, organized by the Gender Equity Cell and NSS (National Service Scheme) of the college, aimed to promote awareness and dialogue on gender equality and women's empowerment. The interactive session provided students with the opportunity to engage in meaningful discussions and activities focused on understanding and addressing issues related to gender discrimination, stereotypes, and inequality. Facilitated by representatives from the District Women & Child Development Department Ernakulam, the session featured informative presentations, group discussions, and interactive exercises aimed at challenging biases and fostering inclusivity.

Through collaboration with the District Women & Child Development Department Ernakulam, the Gender Equity Cell and NSS emphasized the importance of partnering with governmental and community organizations to drive meaningful change in






promoting gender equality. By leveraging the expertise and resources of the department, the session provided students with valuable insights into the broader efforts and initiatives aimed at advancing women's rights and empowerment at the district level. The "Kanal Campaign 2023" served as a platform for students to actively participate in promoting gender equity and women's empowerment within the college community and beyond. By collaborating with the District Women & Child Development Department Ernakulam, the Gender Equity Cell and NSS demonstrated their commitment to fostering a culture of inclusivity and equality.

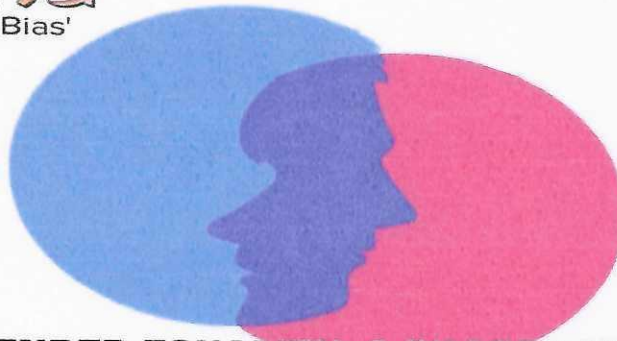
Program Poster of the session on Gender Equity



Gender Equity Cell
& NSS unit no.236
in association with IQAC



ektha
'Break The Bias'



"GENDER EQUALITY: A SHARED VISION FOR A BETTER FUTURE"

By Prof. Neena Joseph (Institute of Management in Kerala)
July 31st | Auditorium | 10:30 am

(A programme collaborated by Gender Equity Cell
and NSS with District Women & Child Development
Department, Ernakulam 'KANAL CAMPAIGN 2023')

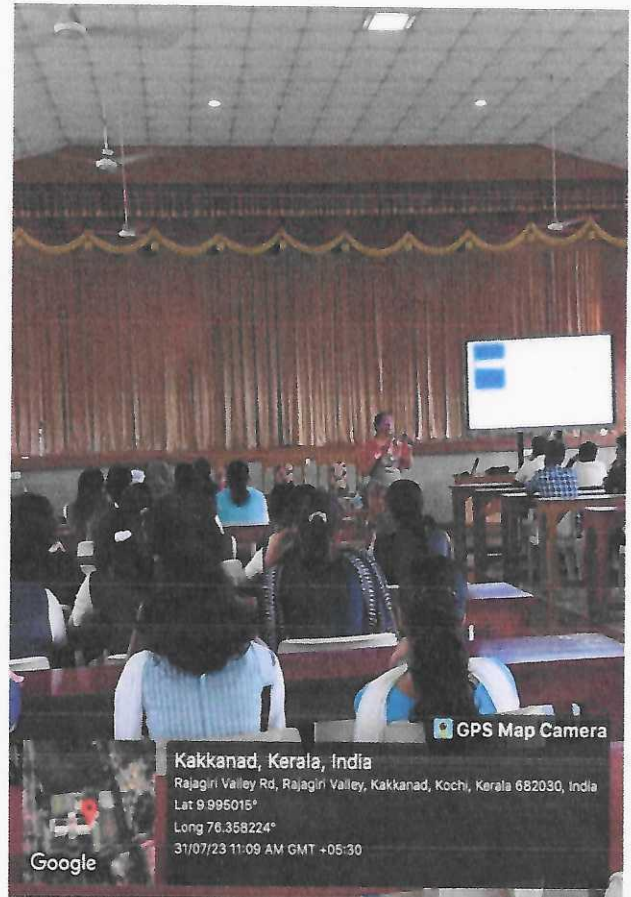
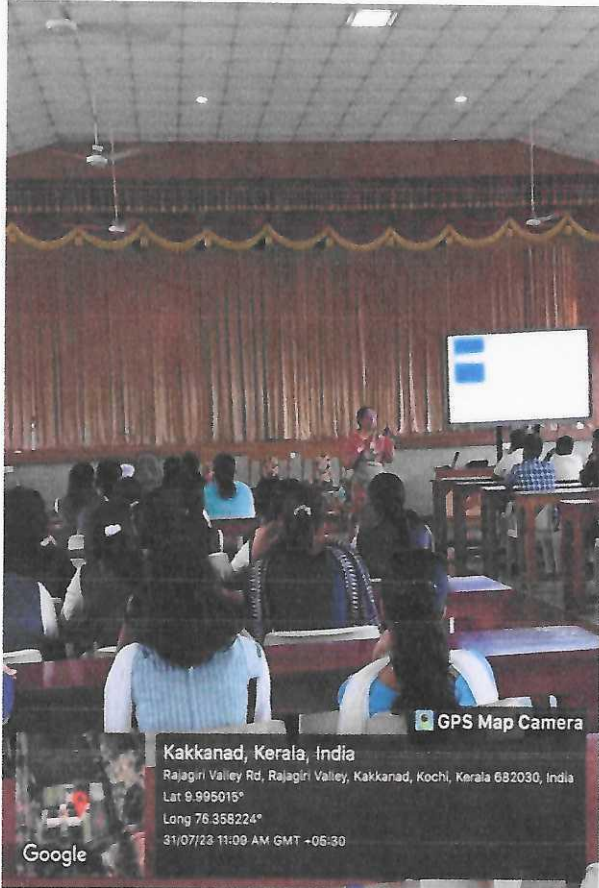
Student co-ordinators
Ashwin S (MIT1)
Meera Sara John (BBA1)

Faculty co-ordinators
Ms. Amrutha Antony
Ms. Jesmi Jacob
Ms. Sreeja Kumar



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Photographs of the session





Prof. Neena Joseph interacting with the students



Neena Joseph



Attendance Report

Gender Equity Cell & NSS unit no 236 in association with ICARE
KANAL CAMPAIGN 2023

GENDER EQUALITY: A SHARED VISION FOR A BETTER FUTURE

S No.	COURSE	NAME	SIGNATURE
1	BA ENG	MIDHUN MADHAV	<i>[Signature]</i>
2		GOKUL M	<i>[Signature]</i>
3		AJIN CHACKO	
4		ROHIT BEN	
5		DEPAN SURESH	
6		KIRAN RAJESH	
7		LAKSHMI T R	<i>[Signature]</i>
8		GOWRI B ELAMANA	<i>[Signature]</i>
9		APARNA SAINATH	<i>[Signature]</i>
10		NIDHI SARA	<i>[Signature]</i>
11		NASRIN SALIM	<i>[Signature]</i>
12	BA ANIMATION	THOUFEEQUE	
13		AJINA	<i>[Signature]</i>
14		ANN DAVIS	<i>[Signature]</i>
15		CORAL PHILOMINA	<i>[Signature]</i>
16		LIYA AYISHA	<i>[Signature]</i>
17		SARA SINI ROY	
18	BBA	SAABITH K	<i>[Signature]</i>
19		ARIF	<i>[Signature]</i>
20		DEVANARAYANAN	<i>[Signature]</i>
21		JOEL SANJAY	
22		SAVIO	
23		GHAN NAZIM	<i>[Signature]</i>
24		NIHAL NAVAS	<i>[Signature]</i>
25		JOHAN	<i>[Signature]</i>

26		FLORENCE	
27		ZAMRUD	<i>[Signature]</i>
28		ATHA MARTIN	
29		SHAL USARA	
30		NIKIL	<i>[Signature]</i>
31		ADHE NEHAMED	
32		JEHAN	<i>[Signature]</i>
33		SHRINUSH	<i>[Signature]</i>
34		ADITHYAN HARI	
35		SHRADDHA T C	
36		MEGA SURESH	<i>[Signature]</i>
37		SHREELAKSHMI S	<i>[Signature]</i>
38		MALAVIKA	
39		MEERA SARA	<i>[Signature]</i>
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46		GOPKA	
47		ANNA	
48		ZIAN	
49		SELES	
50	BCA	AMRA	<i>[Signature]</i>
51		AGGIE	<i>[Signature]</i>
52		ANGELINA	<i>[Signature]</i>
53		ANN ELDO	<i>[Signature]</i>
54		ANGEL MARIA	<i>[Signature]</i>
55		ALIKA	<i>[Signature]</i>
56		CLARIBEL	<i>[Signature]</i>
57		POORVIMA	<i>[Signature]</i>



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58	ANANYA	
59	STREETA	
60	RAKSHA	
61	AURIA	
62	ANN TRESA	
63	ALISA	
64	DAUR	
65	AMANI	
66	RAJUL	
67	NYA	
68 MZT	AADITH	
69	VISHNAV	
70	YASEE MOHAMMED	
71	YASEE K J	
72	ALDRIN	
73	ATHUL	
74	HANUL	
75	ASHWIN S	
76	VARSHA	
77	MEHRIN	
78	LAURA	
79	RITTY	
80	SUSAN	
81	NIKITA	
82 MZT	AIDRIN	
83	IVAN	
84	SURVA	
85	ADITHYA	
86	RAJATHAL	
87	BASITH	
88	ALAN JOHN	


89	ERIN	
90	SANIYA SUSAN	
91	MARIA SHAJLI	
92	TANJA TOMY	
93	PAVITHRA S	
94	KERTHANA S	
95	HAFSA S	
96	PALLAVI MADHU	
97	NEHA	
98	JAISA	
99	PRIYA	
100	ANITHA B	
101 MZM	AMITH HARI ANAND	
102	ALAN J ALEX	
103	HIBA B	
104	AMNA	
105	FARZA NAZEER	
106	VARSHA	
107	LIYA	
108	SRUTHI	
109 MZC	ABHINAV K S	
110	MITHUL	
111	ASHISH	
112	AIDEN	
113	BASMAL	
114	NIHAL	
115	REYHAN	
116	EMIL	
117	JOHN	
118	ADHITHYAN	
119	LIJO	






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120	PAUL	
121	ADHITHYAN	
122	ALEKH	
123	MOHITH	
124	DAVID	
125	VIGNESH	
126	NACHIKETHA	
127	ANTONY	
128	SANGEETH	
129	HAFIZ	
130	FATHIMA	
131	RENA	
132	MARIAM H	
133	LAKSHMI	
134	VAISHNAVI	
135	SHIVANI	
136	BISMIYA	
137	MARIAM FATHIMA	
138	SANDRA	
139 MZL	SOORAJ SURESH	
140	RISHON T JOJO	
141	ROHIT JOJO	
142	LYDIA JOSEPH	
143	ANOOPA ANNA	
144	NILA CHANDANA	
145	ANN MARY	
146	ANN ROSA	
147	ABHIRAMI	

Faculty coordinator
Ms Amrutha Antony
Ms Anula Lewis



Report submitted by	Mr. Aswin S & Ms. Meera Sara John, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Aug 3, 2023

Dr. Laly Mathew
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on the Flash Mob as part of transgender awareness week Inauguration

Programme	A Flash Mob as part of Transgender Awareness Week Inauguration.
Date	13/11/2023
No. of Participants	UG students of various UG batches
Outcome	Paved way to create a supportive and inclusive environment for all members of the community.
Organised by	Gender Equity Cell & Dance club
Faculty in charge	Ms. Amrutha Antony & Mr. Chandralal VS
Students in charge	Mr. Hil Jean & Ms. Pallavi Madhu

On November 13, 2023, an electrifying flash mob marked the commencement of the inaugural ceremony of 'Transgender Awareness Week' at the college. Organized by passionate students, the flash mob served as a dynamic and engaging way to kickstart the awareness campaign and celebrate the diversity and resilience of the transgender community. The flash mob, choreographed to vibrant music, featured students showcasing their talent and enthusiasm while conveying powerful messages of acceptance, inclusion, and support for transgender individuals.

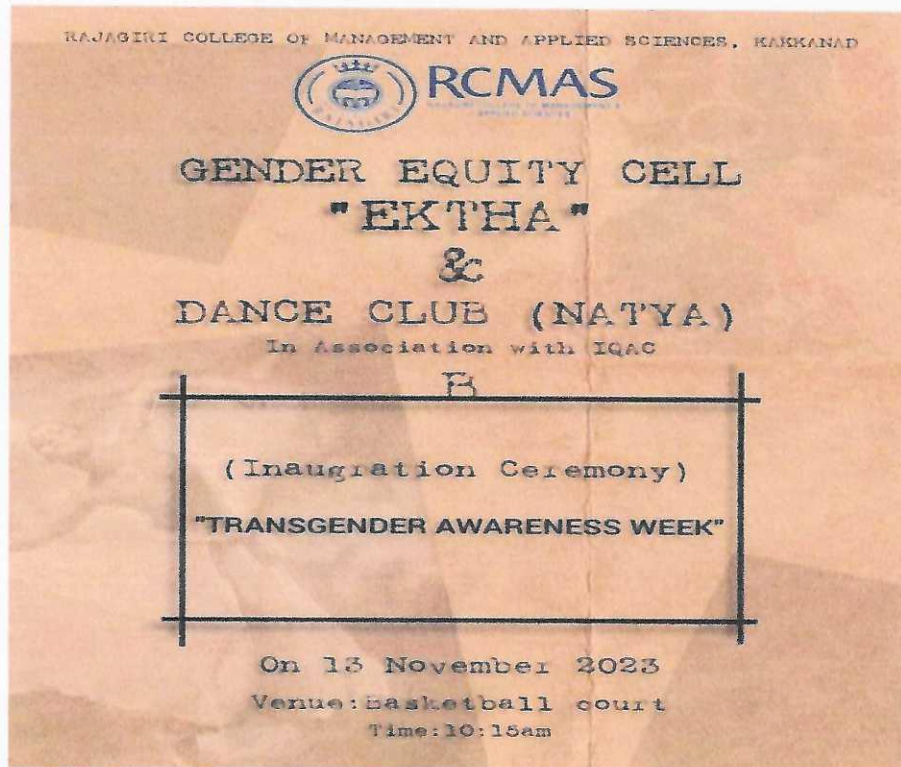
Through energetic dance moves and expressive gestures, participants captivated the audience and effectively communicated the importance of embracing diversity and combating discrimination. The event not only entertained but also educated attendees about the challenges faced by transgender individuals and the need for greater understanding and advocacy. By harnessing the power of music and movement, the flash mob created a sense of unity and solidarity among participants, inspiring them to become allies in the fight for transgender rights and equality. The flash mob served as a fitting precursor to the broader awareness campaign planned for 'Transgender Awareness Week.' Following the exhilarating performance, the inaugural ceremony






commenced, featuring speeches, panel discussions, and interactive activities aimed at raising awareness and fostering dialogue on issues affecting the transgender community. The event was a testament to the college's commitment to promoting inclusivity, diversity, and social justice. By providing a platform for students to actively engage in advocacy and activism, the college demonstrated its dedication to creating a supportive and inclusive environment for all members of the community.

Poster of the event






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Photos of the event



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Report submitted by	Mr. Hil Jean & Ms. Pallavi Madhu, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Nov 16, 2023



Dr. Laly Mathew
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Human Rights Symposium on Gender equality and Social Inclusivity of Transgender people

Programme	Human Rights Symposium on Gender equality and Social Inclusivity of Transgender people
Date	14/11/2023
No. of Participants	63 UG students of the college
Outcome	The symposium aimed to create a more inclusive and supportive environment for transgender individuals and advance the principles of equality and dignity for all.
Organised by	Gender Equity Cell, NSS, Legal Aid Cell & DHWAYAH
Faculty in charge	Ms. Jesmi Jacob & Ms. Raji T
Student in charge	Navaneeth KR & Rithu Varsha

On November 14, 2023, a Human Rights Symposium focusing on gender equality and social inclusivity of transgender persons was held at the college. The symposium, organized by the Gender Equity Cell, NSS (National Service Scheme), and DHWAYAH, aimed to raise awareness about the challenges faced by transgender individuals and advocate for their rights and dignity. The symposium featured a panel discussion and interactive session on transgender issues and struggles, providing a platform for participants to engage in meaningful dialogue and education. Experts, activists, and members of the transgender community shared their insights and experiences, shedding light on the barriers to equality and inclusion faced by transgender individuals in society.

The panel discussion covered a range of topics, including legal rights, healthcare access, social stigma, and discrimination. Expert panelists, including activists, legal



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professionals, and representatives from LGBTQ+ organizations, led engaging discussions on various aspects of gender equality and transgender rights.

Panelists highlighted the importance of proactive measures to address systemic injustices and promote greater acceptance and understanding of transgender identities. Following the panel discussion, an interactive session provided attendees with the opportunity to ask questions, share personal stories, and brainstorm solutions to the challenges faced by transgender individuals. The session fostered empathy, empathy, and solidarity among participants, encouraging them to become advocates for gender equality and social justice. By collaborating with the Gender Equity Cell, NSS, and DHWAYAH, the symposium demonstrated the collective efforts of the college community to promote inclusivity, diversity, and human rights. Through education, advocacy, and dialogue, the symposium aimed to create a more inclusive and supportive environment for transgender individuals and advance the principles of equality and dignity for all.

Poster of the symposium



NSS
UNIT NO. 236

RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

DHWAYA

Rajagiri College of Management & Applied Sciences, Kakkanad

GENDER EQUITY CELL (EKTRA) & LEGAL AID CELL
in association with
DHWAYA, NSS UNIT NO. 236 & IQAC
present

Human Rights Symposium on Gender Equality & Social Inclusivity of Transgender Persons

Dr. Arathi P M
Asst. Prof. in English
SILT

Sheethal Shyam
Transgender Activist & Artist

Anu Raj M
Dhwani CBO Kottayam
(Transgender Organisation)

Sanjo Steve
Ernakulam Justice Board Member

09:30 AM
Tuesday, 14 November 2024 @ **Conference Hall**

Faculty Coordinators:
 Ms. Ananditha Antony +91 922813 00213
 Ms. Rejith P +91 98477 99927
 Ms. Divya Faculty +91 954673 41624
 Ms. Sneha Kumbha +91 77 640 52659



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Photos of the discussion




Legal

Certificate of the symposium



Laly Mathew

Attendance Report


RCMAS

GENDER EQUITY CELL (EKTHA) & LEGAL AID CELL
IN ASSOCIATION WITH DHWAYA, NSS UNIT NO 236 & IQAC
HUMAN RIGHTS SYMPOSIUM ON GENDER EQUALITY AND SOCIAL
INCLUSIVITY OF TRANSGENDER PERSONS

Date :- 14th November 2023
Time :- 10.00 am
Venue :- Conference Hall

Attendance Record






SL NO	NAME	COURSE	SEMESTER	WHATSAPP NO.	SIGNATURE
1	Juvin Alex M	MIL	3	9493050140	<i>[Signature]</i>
2	Masee Sasi Iyer	BBA	1	9544241241	<i>[Signature]</i>
3	Manu Jose	MIC	3	9074055088	<i>[Signature]</i>
4	BIDURI BHADRA	MIT	5	7012030373	<i>[Signature]</i>
5	MARIA VIJAY	MIT	5	9146320096	<i>[Signature]</i>
6	Adin Mohammad	M2L	5	963196263	<i>[Signature]</i>
7	Manu George	M2L	5	9633976353	<i>[Signature]</i>
8	Lakshmapriya P	MIC	5	996129826	<i>[Signature]</i>
9	Rithu Varsha S	BAC	5	9947088365	<i>[Signature]</i>

NO.	NAME	COURSE	SEMESTER	WHATSAPP NO.	SIGNATURE
10	Anusha Lenin	BAC	5	7994161188	<i>[Signature]</i>
11	Alena Manoj	BAC	5	859289441	<i>[Signature]</i>
12	Dinika Shaji	BAC	5	8592397702	<i>[Signature]</i>
13	REETHI AMBY	BAC	4	9145989777	<i>[Signature]</i>
14	DAVIT RAY MOI	BK	5	88490607	<i>[Signature]</i>
15	Anusha Tulla Sh	BAC	5	9667661071	<i>[Signature]</i>
16	Dinika P	BAC	5	6235103890	<i>[Signature]</i>
17	Arusha A	BAC	5	4 9740000000 878200	<i>[Signature]</i>
18	Niya Justin	BCA	1	8542973675	<i>[Signature]</i>
19	ANUSHA ANUS DANISH MIC		1	9344709944	<i>[Signature]</i>
20	ANUSHA CHANDRAN MIC		1	9547424139	<i>[Signature]</i>
21	Nimisha Vinod	BCA	1	891262096	<i>[Signature]</i>
22	Manu Anay Jay	BIA	1	9075601274	<i>[Signature]</i>
23	Mohammed Alifal TL	BCA	1	8086364241	<i>[Signature]</i>
24	Adini Ransire	M2T	1	8086873800	<i>[Signature]</i>
25	Alfin Akhil Sabar	M2T	1	8085826444	<i>[Signature]</i>
26	Sanya Devi	M2T	1	9567609114	<i>[Signature]</i>
27	Anita R Anush	M2T	1	9547744729	<i>[Signature]</i>
28	Pallavi Madhu	M2T	1	7008822514	<i>[Signature]</i>
29	Pavathy Vinod	M2T	1	623091350	<i>[Signature]</i>



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Report submitted by	Mr. Navaneeth KR & Ms. Rithu Varsha, Department of Commerce & English, Rajagiri College of Management and Applied Sciences, Kakkanad	 
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	 
Approved by	Ms. Amrutha Antony & Ms. Raji T Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	

Nov 17, 2023



Dr. Laly Mathew
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039

Report on Interdepartmental Group discussion on Political Representation of Transgender People

Programme	Interdepartmental Group Discussion on Political Representation of Transgender People
Date	15/11/2023
No. of Participants	11 UG students of the college
Outcome	The competition contributed to raising awareness about the need for greater inclusion and diversity in political institutions.
Organised by	Gender Equity Cell & Leadership Training Hub
Faculty in charge	Ms. Amrutha Antony, Ms. Amala Linus
Student in charge	Ms. Linda Raphi

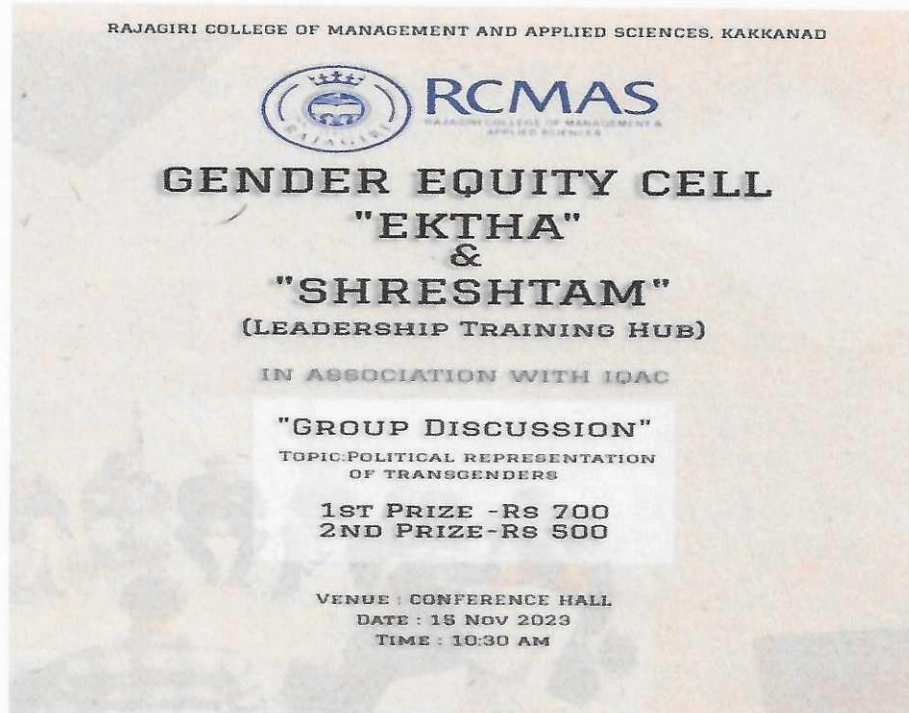
On November 15, 2023, an Interdepartmental Group Discussion competition was organized by the Gender Equity Cell of the college on the topic of "Political Representation of Transgender People." The competition aimed to stimulate dialogue and critical thinking among students regarding the importance of transgender representation in political spheres. Participants from various departments engaged in constructive discussions, sharing their perspectives and insights on the challenges and opportunities associated with transgender political representation. The group discussions provided a platform for students to explore issues such as barriers to participation, the impact of legislation and policies, and strategies for increasing transgender visibility in politics. Throughout the competition, participants articulated their ideas with clarity and conviction, drawing upon research, personal experiences, and current events to support their arguments. Topics of discussion included the need for affirmative action policies, the role of political parties in promoting diversity, and the significance of transgender voices in policymaking processes. The Group Discussion competition encouraged participants to consider the intersectionality of gender identity, race, class, and other social factors in shaping political representation.




Linda Raphi

By fostering a supportive and inclusive environment, the competition facilitated meaningful dialogue and promoted empathy and understanding among participants. Organized by the Gender Equity Cell, the competition underscored the importance of advocating for transgender rights and empowerment within the college community. By providing a platform for students to engage in dialogue on political representation, the competition contributed to raising awareness about the need for greater inclusion and diversity in political institutions.

Poster of the Group Discussion



RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, KAKKANAD

 **RCMAS**
RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES

GENDER EQUITY CELL
"EKTHA"
&
"SHRESHTAM"
(LEADERSHIP TRAINING HUB)

IN ASSOCIATION WITH IQAC

"GROUP DISCUSSION"
TOPIC: POLITICAL REPRESENTATION
OF TRANSGENDERS

1ST PRIZE - Rs 700
2ND PRIZE - Rs 500

VENUE : CONFERENCE HALL
DATE : 15 NOV 2023
TIME : 10:30 AM



Legal




Photographs of the session



Legal

Sample Certificate



Report submitted by	Ms. Linda Raphi, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony & Ms. Amala Linus, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	

20 Nov 2023


Dr. Laly Mathew
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Interdepartmental Debate competition on the topic 'Recognition of Third Gender'

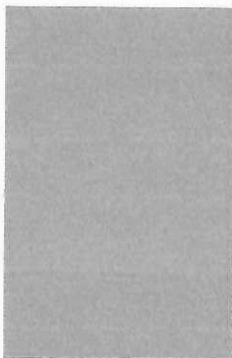
Programme	Interdepartmental Debate competition on the topic 'Recognition of Third Gender'
Date	16/11/2023
No. of Participants	13 UG students of the college
Outcome	The symposium aimed to create a more inclusive and supportive environment for transgender individuals and advance the principles of equality and dignity for all.
Organised by	Gender Equity Cell & Leadership Training Hub
Faculty in charge	Ms. Amrutha Antony, Ms. Amala Linus
Student in charge	Pallavi Madhu

On November 16, 2023, an interdepartmental debate competition was organized by the Gender Equity Cell of the college on the topic 'Recognition of Third Gender.' The competition provided students with a platform to engage in thoughtful discourse and debate on the legal and social recognition of individuals who identify as neither strictly male nor female. Participants from various departments showcased their research, critical thinking, and oratory skills as they presented arguments for and against the recognition of the third gender. The debate fostered intellectual curiosity and encouraged participants to explore the complexities of gender identity, societal norms, and legal frameworks. Arguments in favor of recognizing the third gender highlighted the importance of acknowledging and respecting diverse gender identities, promoting inclusivity and equality, and ensuring access to rights and services for transgender and non-binary individuals. Conversely, arguments against recognition often focused on traditional gender norms, legal complexities, and cultural attitudes towards gender diversity. The debate competition not only facilitated the exchange of ideas and perspectives but also promoted empathy and understanding among participants. By engaging in respectful dialogue and active




listening, students gained a deeper appreciation for the challenges faced by transgender and non-binary individuals in seeking legal recognition and acceptance. Through the initiative of the Gender Equity Cell, the debate competition served as a catalyst for raising awareness about the rights and visibility of the third gender within the college community. By encouraging students to critically examine societal norms and advocate for social change, the competition demonstrated the college's commitment to promoting diversity, inclusion, and social justice.

Poster of the debate



RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, KAKKANAD



**GENDER EQUITY CELL
EKTHA**

**&
SHRESHTAM
(LEADERSHIP TRAINING HUB)**

In Association with IQAC

DEBATE

Topic: Recognition of
Third Gender

1st Prize: Rs700

2nd Prize: Rs500

Venue: Conference Hall

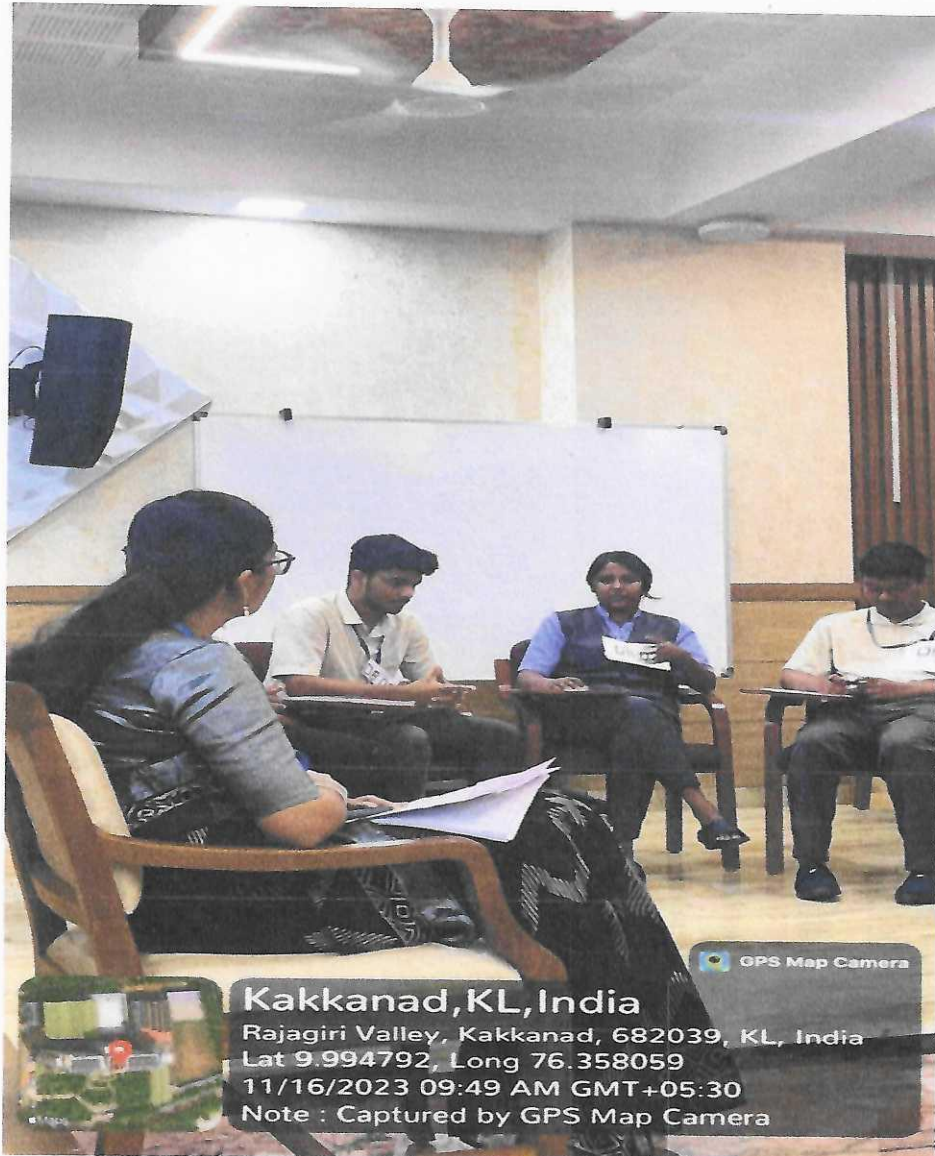
Date: 16 Nov 2023

Time: 10:30 am



Verma

Photograph of the Event



Legal




Sample Certificate










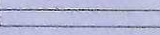





Lalyl Mathew


Attendance document



RCMAS

GENDER EQUITY CELL (EKTHA) & LEADERSHIP TRAINING HUB (SHRESHTAM)

**DEBATE COMPETITION 2023
ATTENDANCE SHEET**

Sl. No	Chest No	Name	Batch	Signature
1	DB01	Award Suresh	M.Com	
2	DB02	Seabith M.S	BBIT	
3	DB03	Amrutha Linus	BAE	
4	DB04	Moufegun Nikas	BAN	
5	DB05	Arini Chackran	CHIC	
6	DB06	Neha Sany	BDE	
7	DB07	Abhil Prakash	MDL	
8	DB08	Varun Anand C	M.Com	
9	DB09	Angel Joy	M.Com	
10	DB10	Aravind C	MIC	
11	DB11	RIAZ JEBSON	BIA	
12	DB12	Itan George	MIT	
13	DB13	Markus Mohan	MIT (S)	

Faculty coordinators
Ms. Amrutha Antony 



Faculty coordinator
Ms. Amala Linus 

Report submitted by	Ms. Pallavi Madhu, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony & Ms. Amala Linus, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	

20 Nov 2023


Dr. Laly Mathew
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on National Seminar on Civil Rights and Protection of Transgender Persons

Programme	National seminar on Civil Rights and Protection of Transgender Persons
Date	5/12/2023
No. of Participants	11 UG students of the college
Outcome	Promoted awareness, education, and advocacy on issues of gender equality and social justice among scholars of various disciplines.
Resource Person	Dr. Sangeetha Abraham
Organised by	Gender Equity Cell & Legal Aid Cell
Faculty in charge	Ms. Amrutha Antony, Ms. Raji T
Student in charge	Mr. Abin T Manoj, Ms. Terese Thomas

On December 5, 2023, a National Seminar on Civil Rights Protection of Transgender Persons was organized by the Gender Equity Cell and Legal Aid Cell of the college. The seminar featured paper presentations and talks focused on advancing legal protections and promoting equality for the transgender community. Students from various disciplines presented research papers addressing a range of topics related to civil rights protection for transgender individuals. Topics included legal challenges, access to healthcare and education, employment discrimination, and strategies for advocacy and policy reform. Experts, activists, and legal professionals delivered talks and keynote addresses, providing attendees with valuable insights and perspectives on the legal and social issues facing the transgender community.

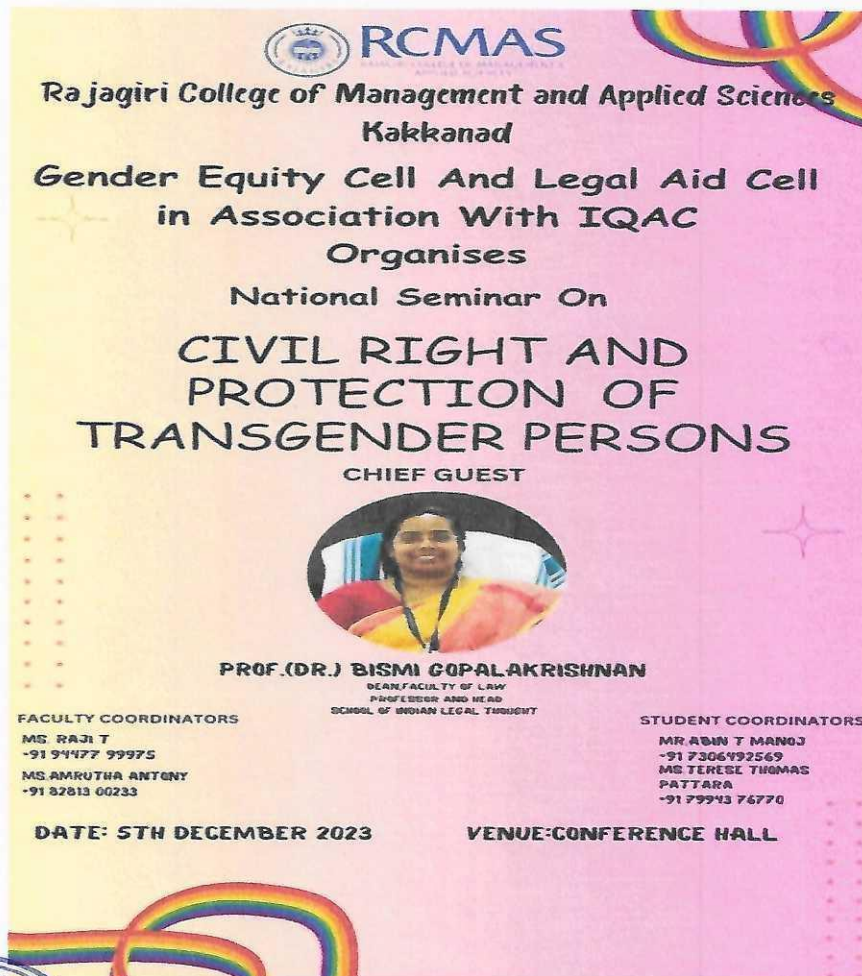
Speakers highlighted landmark court cases, legislative initiatives, and grassroots organizing efforts aimed at advancing transgender rights and dignity. The seminar served as a platform for students to engage in scholarly inquiry, critical analysis, and interdisciplinary dialogue on issues of social justice and human rights. Through paper presentations and discussions, participants deepened their understanding of the







complexities of transgender rights advocacy and explored avenues for meaningful action and change. By collaborating with the Gender Equity Cell and Legal Aid Cell, the seminar exemplified the college's commitment to promoting awareness, education, and advocacy on issues of gender equality and social justice. Through interdisciplinary collaboration and community engagement, the seminar aimed to empower students to become informed and active agents of change in their communities.

Poster of the Event



RCMAS
Rajagiri College of Management and Applied Sciences
Kakkanad

Gender Equity Cell And Legal Aid Cell
in Association With IQAC
Organises
National Seminar On
**CIVIL RIGHT AND
PROTECTION OF
TRANSGENDER PERSONS**
CHIEF GUEST



PROF. (DR.) BISMI GOPALAKRISHNAN
DEAN, FACULTY OF LAW
PROFESSOR AND HEAD
SCHOOL OF INDIAN LEGAL THOUGHT

FACULTY COORDINATORS
MS RAJI T
-91 94477 99975
MS AMRUTHA ANTONY
-91 82813 00233

STUDENT COORDINATORS
MR ABIN T MANOJ
-91 7306492569
MS TERESA THOMAS
PATTARA
-91 79943 76770

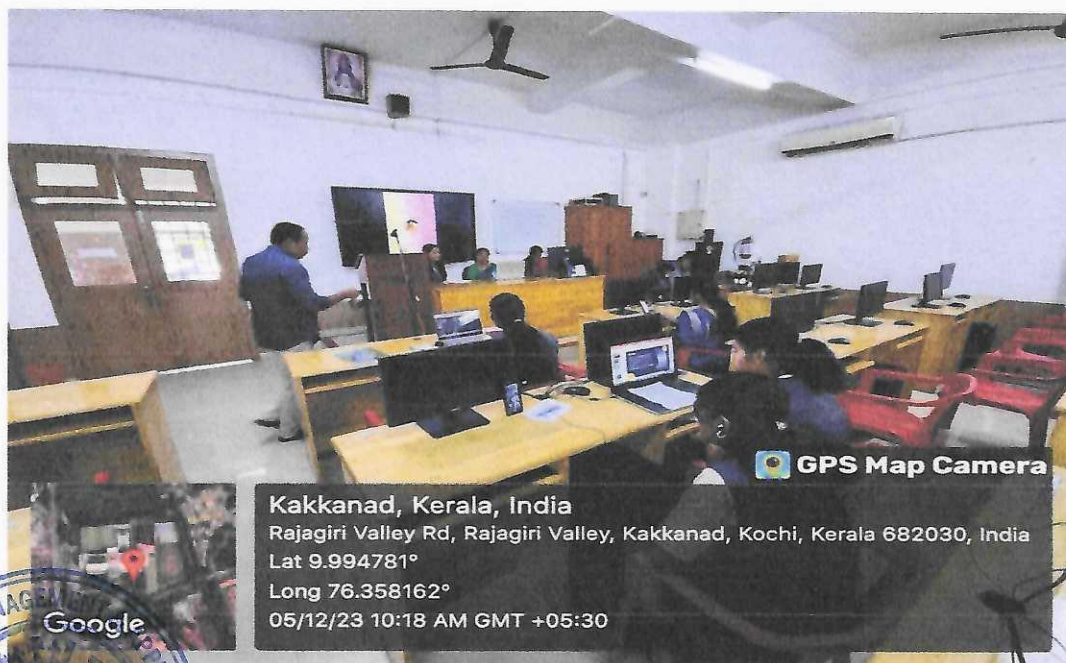
DATE: 5TH DECEMBER 2023 **VENUE: CONFERENCE HALL**



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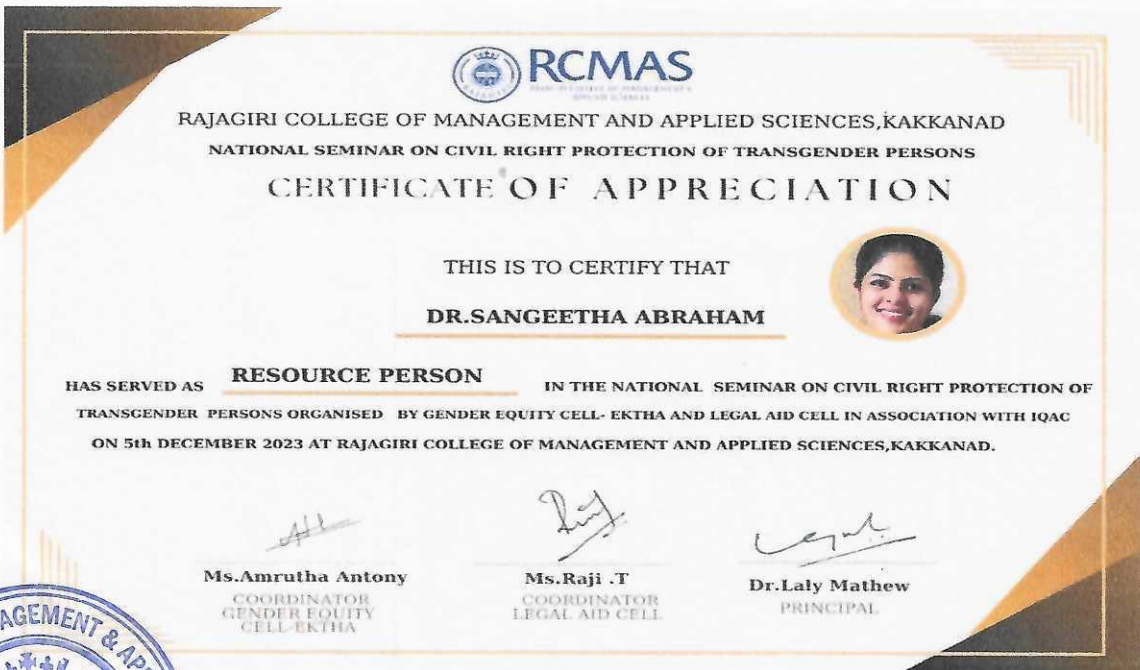


Photographs of the Seminar




Legend

Sample Certificates issued



Certificate of Appreciation awarded to the Resource Person

Attendance Sheet of the Seminar


RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD

Date	5 th December 2023
Title of Programme	National Seminar on Civil Right Protection of Transgender Persons
Department/Organising Cell	Gender Equity Cell and Legal Aid Cell in Association with IQAC
Mode (Hybrid)	Offline
Venue	AV Room
Keynote Address	Prof.(Dr.) Bismi GopalaKrishnan – Director of Research - MG University
Chaired By	Dr. Sangeetha Abraham – Associate Professor in Ideal Institute of Management and Technology
Faculty Coordinator	Ms. Raji T Ms. Amrutha Antony
Student Coordinator	Mr. Abin T Manoj Ms. Terese Thomas

LIST OF STUDENT ATTENDEES

SL. NO.	NAME	SIGNATURE
1	Anjitha Balakrishna	
2	Annex Mariya Bastian	
3	Neha Jerson	
4	Joe Sabu	

5	John Jeevan	
6	Abin T Manoj	
7	Anagha Jayaram	
8	Sarjina Shams	
9	Arjail R Nath	
10	Andreea Marshal	
11	Angel Rose Pallan	
12	Milu Mariam Eldhose	
13	B Devapranath	
14	Terese Thomas	
15	Sandhya N Menon	
16	Rushad K R	
17	Merlin Shaju	
18	Grace Midula	
19	Fathima Nazrin	
20	Joanna Thayankery	

LIST OF FACULTY ATTENDEES

SL. NO.	NAME	SIGNATURE
1	Ms. Raji T	
2	Ms. Megha Mohan	
3	Ms. Anila Varghese	
4	Ms. Ardra C Michael	
5	Ms. Sunitha Varghese	
6	Ms. Amrutha Antony	
7	Ms. Jeemi Jacob	
8	Ms. Anupa Stanly	
9	Ms. Tessy Mathew	
10	Ms. Salu Varghese	

- 1 Amrutha Antony
- 2 Raji T

Name of Event Coordinator / Coordinators


with Signature


-PRINCIPAL

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley P.O., Kakkanad - 682 039






RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD


Date	5 th December 2023
Title of Programme	National Seminar on Civil Right Protection of Transgender Persons
Department/Organising Cell	Gender Equity Cell and Legal Aid Cell in Association with IQAC
Mode (Hybrid)	Online
Keynote Address	Prof.(Dr.) Blismi GopalaKrishnan – Director of Research - MG University
Chaired By	Dr. Sangeetha Abraham – Associate Professor of Ideal Institute of Management and Technology
Faculty Coordinator	Ms. Raji T Ms. Amrutha Antony
Student Coordinator	Mr. Abin T Manoj Ms. Terese Thomas


LIST OF ATTENDEES




SL. NO.	NAME	REMARKS
1	Jomol Varghese	✓
2	Parvathy V	✓
3	Asha K R	✓
4	Ashish George	✓
5	Vyshnav Ajith	✓
6	Amal Sajeev	✓
7	Geethika Manoj	✓
8	C S Manju	✓

1 Amrutha Antony
2 Raji T

Name of Event Coordinator / Coordinators
with Signature


PRINCIPAL


Rajagiri College of Management & Applied Sciences
Rajagiri Valley P. O., Kakkanad - 682 039

Report submitted by	Mr. Abin T Manoj & Ms. Terese Thomas, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony & Ms. Raji T, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	




Dr. Laly Mathew
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



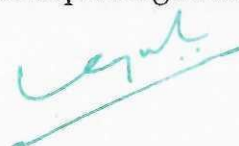
Report on the Celebration of Feminity- Video Circulation on Women Empowerment on International Women's Day

Programme	A Celebration of Feminity- Video Circulation on Women Empowerment on International Women's Day
Date	8/3/2024
No. of Participants	Staff and Students of the College
Outcome	Promoted gender equality by showcasing the qualities of resilience, strength and determination
Organised by	Gender Equity Cell, Ektha
Faculty in charge	Ms. Amrutha Antony
Student in charge	Mr. Abhimanyu, Ms. Farha

On March 8th, 2024, International Women's Day, a video on women empowerment was circulated at RCMAS with the objective of highlighting the achievements and struggles of women worldwide. The initiative aimed to inspire, educate and promote gender equality by showcasing the qualities of resilience, strength and determination. Staff and students of the college participated in the video, sharing motivational messages for women, making it a dedication and tribute to all women around the world.

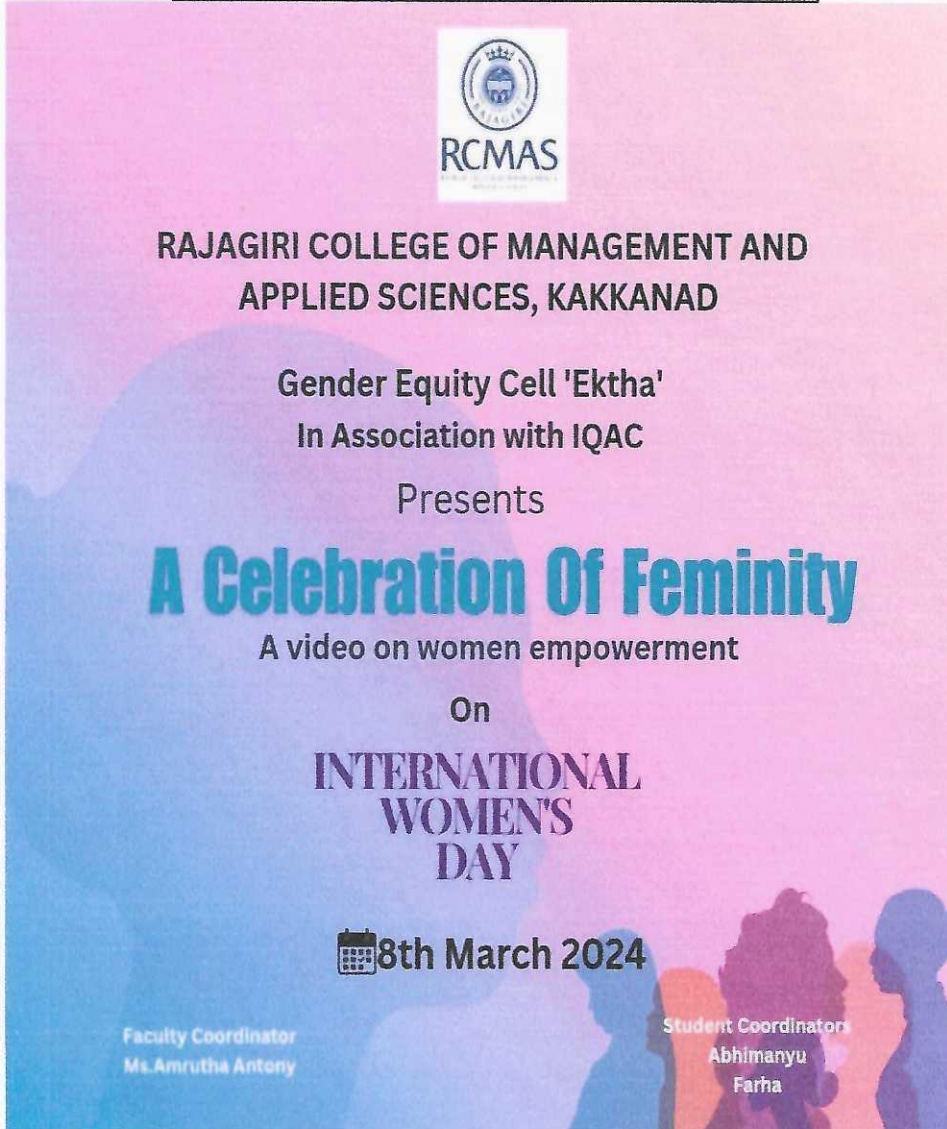
The video was a vibrant collage of motivational messages from both staff and students. Each participant shared their unique perspectives on empowerment, with words of encouragement, personal anecdotes, and reflections on the significance of women in their lives and in general. The collective effort demonstrated a unified commitment to honouring women's contributions and advocating for their rights. The video also included visuals and music that celebrated the spirit of womanhood, adding an emotional depth to the powerful messages.


To put in brief, the video on women empowerment distributed on International Women's Day succeeded in raising awareness and sparking meaningful conversations



about gender equality. The powerful stories, compelling visuals, and motivational messages from the participants resonated with viewers, emphasizing the collective responsibility to champion women's rights. As a call to action, the video urged everyone to continue advocating for change, ensuring that the momentum gained on this significant day translates into sustained efforts throughout the year.

Poster of the Initiative




RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, KAKKANAD

Gender Equity Cell 'Ektha'
In Association with IQAC

Presents

A Celebration Of Feminity
A video on women empowerment

On
INTERNATIONAL WOMEN'S DAY

8th March 2024

Faculty Coordinator
Ms. Amrutha Antony

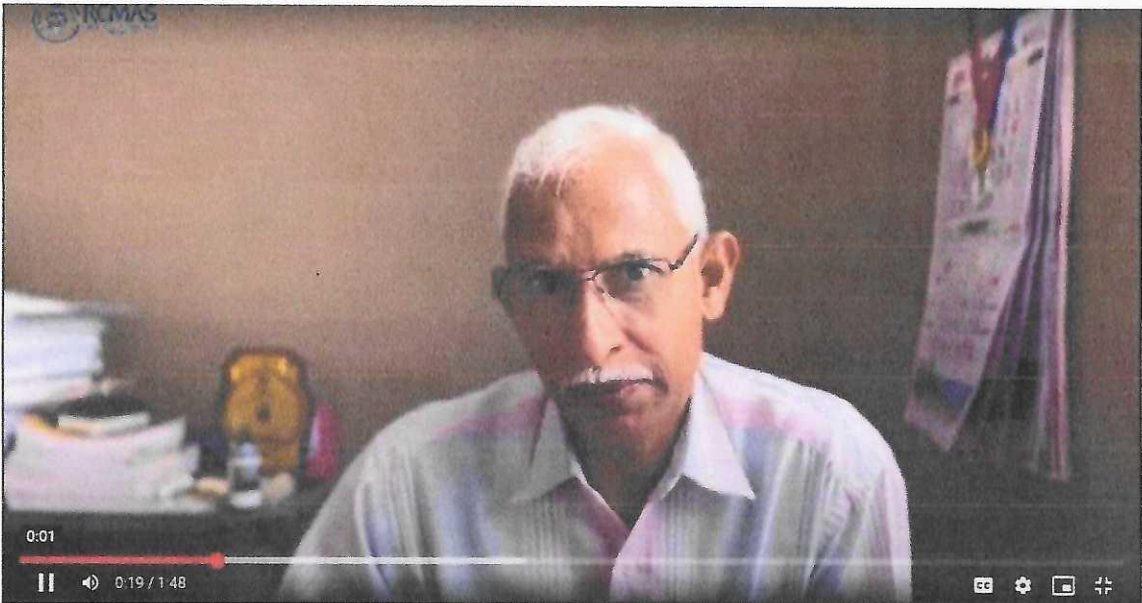
Student Coordinators
Abhimanyu
Farha



Amrutha Antony






Snapshots of the Video



Legal



Website Link: <https://www.rajagiricollege.edu.in/gender-equity-cell-ektha/>

Report submitted by	Mr. Abhimanyu Sekhar & Ms. Farha, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Jesmi Jacob & Ms. Sreeja Kumar, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Amrutha Antony, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

12 Mar 2024



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley, P. O., Kakkanad - 682 039



Dr. Laly Mathew
Principal

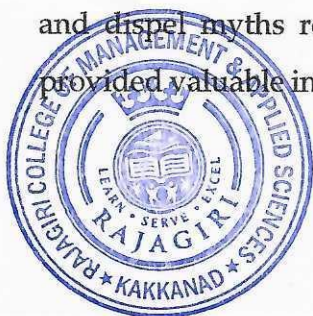


Report on Workshop as part of 'Cup of Life' Campaign

Programme	Workshop as a part 'Cup of Life' Campaign
Date	13/09/2022
No. of Participants	65 UG girl students
Resource Person	Dr. Avani Pillai
Outcome	Awareness on benefits and relevance of menstrual cups in feminine hygiene
Organized by	Women's Cell & NSS
Faculty in charge	Ms. Heera B & Ms. Anila Varghese
Student in charge	Ms. Anya Ann Joseph

The Women's Cell of Rajagiri College set up a transformative workshop as part of their 'Cup of Life' campaign, an initiative dedicated to women's health and well-being. The workshop was designed to provide essential insights into menstrual hygiene, breaking taboos surrounding the topic and fostering an open and informed discussion among female students. With an emphasis on education, empowerment, and destigmatization, the Women's Cell aimed to create a supportive environment where women could freely discuss and understand their menstrual health.

The workshop covered a range of topics, including the biological aspects of the menstrual cycle, proper hygiene practices, and the psychological and emotional aspects associated with menstruation. Knowledgeable speakers and healthcare professionals facilitated the sessions, ensuring that participants received accurate and reliable information. Interactive activities and discussions were incorporated to encourage active participation, enabling attendees to share experiences, ask questions, and dispel myths related to menstruation. The 'Cup of Life' workshop not only provided valuable information but also aimed to cultivate a sense of solidarity among



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female students, fostering a community that prioritizes women's health and challenges societal norms surrounding menstruation.

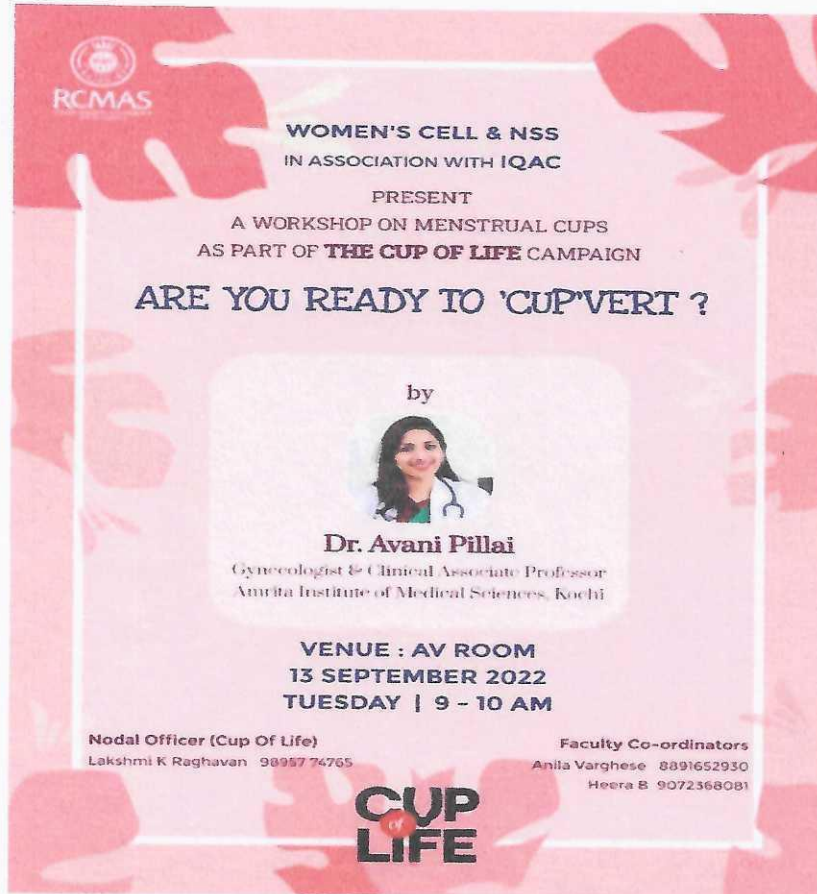
The Women's Cell's 'Cup of Life' campaign and its associated workshop are commendable efforts in creating awareness and promoting a positive and healthy perspective on menstrual health. By addressing a topic often shrouded in silence, the Women's Cell contributes to the empowerment of women, fostering a campus culture that values education, openness and well-being.

Photos of the workshop



Veget

Program Poster of Cup of Life




RCMAS

WOMEN'S CELL & NSS
IN ASSOCIATION WITH IQAC

PRESENT
A WORKSHOP ON MENSTRUAL CUPS
AS PART OF **THE CUP OF LIFE** CAMPAIGN

ARE YOU READY TO 'CUP'VERT ?

by



Dr. Avani Pillai
Gynecologist & Clinical Associate Professor
Amrita Institute of Medical Sciences, Kochi

VENUE : AV ROOM
13 SEPTEMBER 2022
TUESDAY | 9 - 10 AM

Nodal Officer (Cup Of Life)
Lakshmi K Raghavan 98957 74765

Faculty Co-ordinators
Anila Varghese 8891652930
Heera B 9072368081

CUP OF LIFE



Verma

Attendance Statement of Cup of Life



RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, Kakkannad

Women's Cell & NSS in association with IQAC

Attendance Sheet of Cup of Life

13 Sept 2022

Sl. No	Name	Class	Sign	Sl. No	Name	Class	Sign
1	ANJALA P M	BAA	<i>Anjali</i>	19	NINA ALAINE	"	<i>Nina</i>
2	APARNA MICHAEL	"	<i>Aparna</i>	20	NISLIYA . K . N	"	<i>Nisliya</i>
3	CATHERIN OSTINE	"	<i>Catherin</i>	21	NIYA ANN SANIL	"	<i>Niya</i>
4	DEVINANDANA A S	"	<i>Devin</i>	22	ALEENA MARY MANOJ	BAE	<i>Aleena</i>
5	FIZA SHEREEF	"	<i>Fiza</i>	23	ALEENA S	"	<i>Aleena</i>
6	AARABHI B	BCA	<i>Aarabhi</i>	24	AMAL SAYED	"	<i>Amal</i>
7	AARLENE GEORGE JINU	"	<i>Aarlene</i>	25	AMRITA LENIN	"	<i>Amrita</i>
8	AASHINA RAHMAN	"	<i>Aashina</i>	26	AMRITA TERESA SIBI	"	<i>Amrita</i>
9	ANNA BENNY	"	<i>Anna</i>	27	ANEETTA RACHEL ZACHARIAH	"	<i>Anetta</i>
10	ANU STEPHEN	"	<i>Anu</i>	28	ANIKA ELIZABETH MALIAKAL	"	<i>Anika</i>
11	MALAIKA ELIZABETH TITUS	BBA	<i>Malika</i>	29	ANKITHA SUSAN SAJU	"	<i>Ankitha</i>
13	MALAVIKA MOHAN	"	<i>Malavika</i>	30	ANN LIZ MARIYA	"	<i>Ann</i>
14	MEREENA. L	"	<i>Mereena</i>	31	ANUSHA A V	"	<i>Anusha</i>
15	MINNA MARIA ROBIN	"	<i>Minna</i>	32	ANYA ANN JOSEPH	"	<i>Anya</i>
16	NAMEERA ALI	"	<i>Nameera</i>	33	RIZANA RAHIM	B.Com	<i>Rizana</i>
17	NAMITA KRISHNAN	"	<i>Namita</i>	34	ROSE ANN MARTIN	"	<i>Rose</i>
18	NAVYA MADHU	"	<i>Navya</i>	35	ROSS ELSA ROY	"	<i>Ross</i>



Signature

36	SNEHA SARA VARGHESE	B.Com		51	SNEHA V MATH	B.Com	
37	CELIA XAVIER	"		52	HUSNA TOMY	"	
38	CHIPPY M SARA	"		53	NAVYA SAB	"	
39	DIGNA ELIZABETH KURUVACHIAN	"		54	NEHA ANN EYDI	"	
40	NANDHANA SIBIRU	"		55	NEHAL A F	"	
41	NEYA SIDO	"		56	NIMA P MECHERY	"	
42	PARVATHY C G	"		57	ROSI SAHOLIN	"	
43	REIMA JACOB	"		58	RUBY MARY SHAINI	"	
44	SANDRA SALI	"		59	SANA FATHIMA IA	"	
45	SNEHA JOSEPH	"		60	SANA SALIM	"	
46	NAHALA SHAJAHAN	"		61	SANDRA T JOHN	"	
47	NAYANA SHAJAN P	"		62	SNEHA MARIYA JOHN	"	
48	NAYONITA SURESH	"		63	SNEHA SHAJI	"	
49	NICOLE XAVIER	"		64	SONA JOSEPH	"	
50	SONA JOSHY	"		65	ANJALY S	"	

Women's Cell coordinator

Latheem M. Kalyan



Latheem

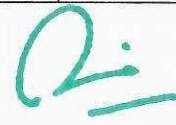
Certificate of Appreciation



Report submitted by	Ms. Anya Ann, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Anila Varghese & Ms. Heera B, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Lakshmi K Raghavan & Dr. Chandralal VS, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	

Oct 15, 2022




Rev. Fr. Ajeesh Puthussery CMI
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Orange the World Campaign- a Pledge of Solidarity

Programme	Orange the World Campaign- A Pledge of Solidarity
Date	09/12/2022
No. of Participants	Staff and Students of the college
Outcome	Reminded everyone of the ongoing struggle for gender equality and the elimination of violence against women
Organized by	Women's Cell
Faculty in charge	Ms. Veena Renjini
Student in charge	Ms. Adya Arun

The "ORANGE THE WORLD CAMPAIGN," an initiative by the Ministry of Women and Child Development, is part of the United Nations' 16 Days of Activism Against Gender-Based Violence. This campaign, running from November 25 to December 10, is crucial in raising awareness and mobilizing action to end violence against women and gender discrimination. The objective is to create a global movement that highlights the importance of gender equality and the need to protect women from violence in all its forms.

On December 9, the Women's Cell at the college coordinated a significant event to show solidarity with this global campaign. Students came together to take a pledge against gender-based violence and discrimination. This collective action not only reinforced the message of the campaign but also demonstrated the commitment of the student body to stand against these societal issues. The pledge was a powerful statement of unity and determination to work towards a safer and more equitable environment.

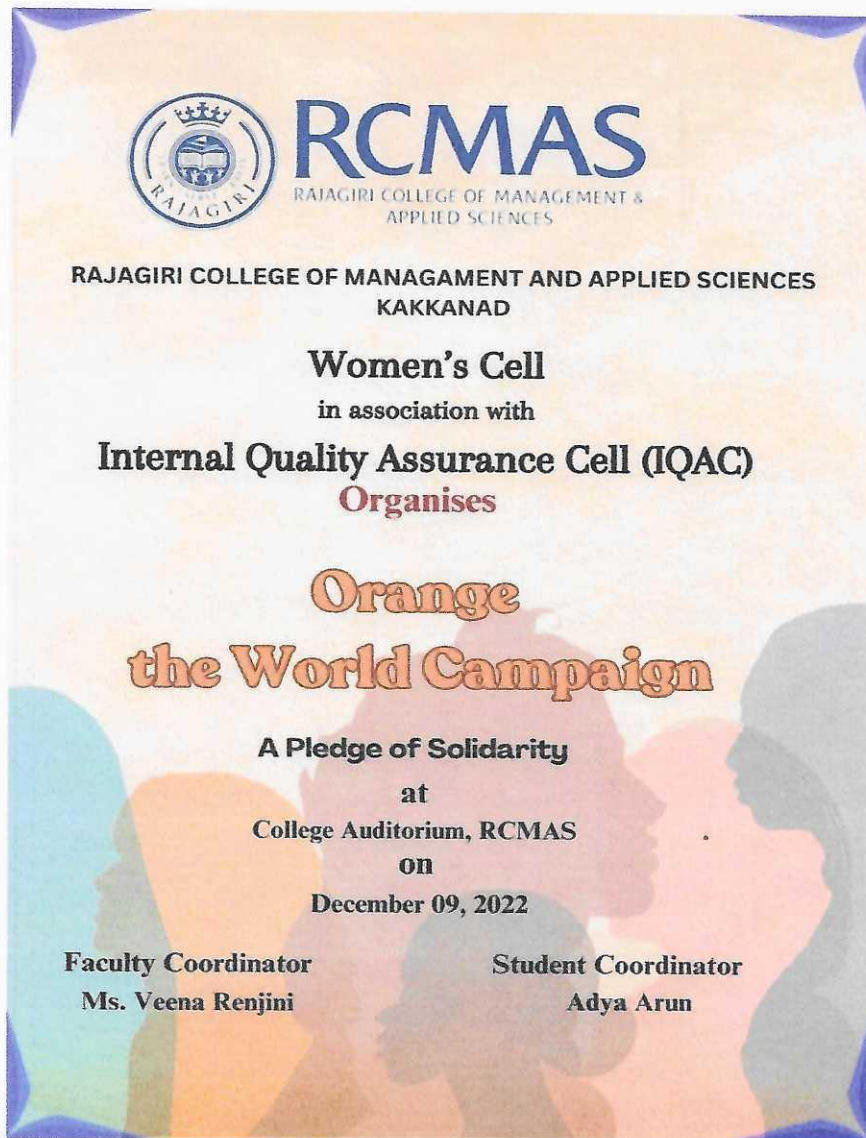
The campaign's importance cannot be overstated. It is a call to action, reminding everyone of the ongoing struggle for gender equality and the elimination of violence against women. The students' participation in the pledge is a testament to the growing




Veena Renjini

awareness and dedication to these issues within the college community. By actively engaging in this campaign, the college has taken a meaningful step towards fostering an inclusive and just society, setting an example for others to follow.

Programme Poster



 **RCMAS**
RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES

**RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD**

Women's Cell
in association with
Internal Quality Assurance Cell (IQAC)
Organises

**Orange
the World Campaign**

**A Pledge of Solidarity
at
College Auditorium, RCMAS
on
December 09, 2022**

**Faculty Coordinator
Ms. Veena Renjini** **Student Coordinator
Adya Arun**



Veena Renjini


Photo of the Pledge



Report submitted by	Ms. Adya Arun, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Veena Renjini, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Lakshmi K Raghavan, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Dec 12, 2022




Rev. Fr. Ajeesh Puthussery CMI
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on workshop on "Better Living and Wellbeing during Challenging Times"

Programme	An experiential workshop on the topic 'Better Living and Wellbeing during Challenging Times'
Date	26/07/2021
No. of Participants	2 nd year girl students of the college
Resource Person	Dr. Gitanjali Natarajan, Clinical Psychologist, AIMS, Kochi
Outcome	Participants gained valuable insights into recognizing and managing stressors, fostering a greater sense of self-awareness.
Organised by	Women's Cell
Faculty in charge	Ms. Lakshmi K Raghavan
Student in charge	Ms. Abidha Sen

On the 26th of July 2021, Rajagiri College orchestrated a valuable experiential workshop focusing on 'Better Living and Wellbeing during Challenging Times.' This insightful session, tailored for 2nd-year female students of the college, was organised by the Women's Club. The aim was to equip participants with practical tools and strategies to navigate and enhance their mental health amidst the challenges of contemporary life. Dr. Gitanjali Natarajan, a distinguished Clinical Psychologist from AIMS, Kochi, served as the resource person for the workshop.

Dr. Natarajan skillfully navigated through the intricacies of maintaining mental well-being during challenging times, drawing on her expertise to provide practical guidance. The workshop involved interactive activities, open discussions, and experiential learning exercises that encourage active participation from the students.

Dr. Natarajan delved into various aspects, from stress management techniques to fostering resilience and maintaining a positive mindset. The resource person's ability

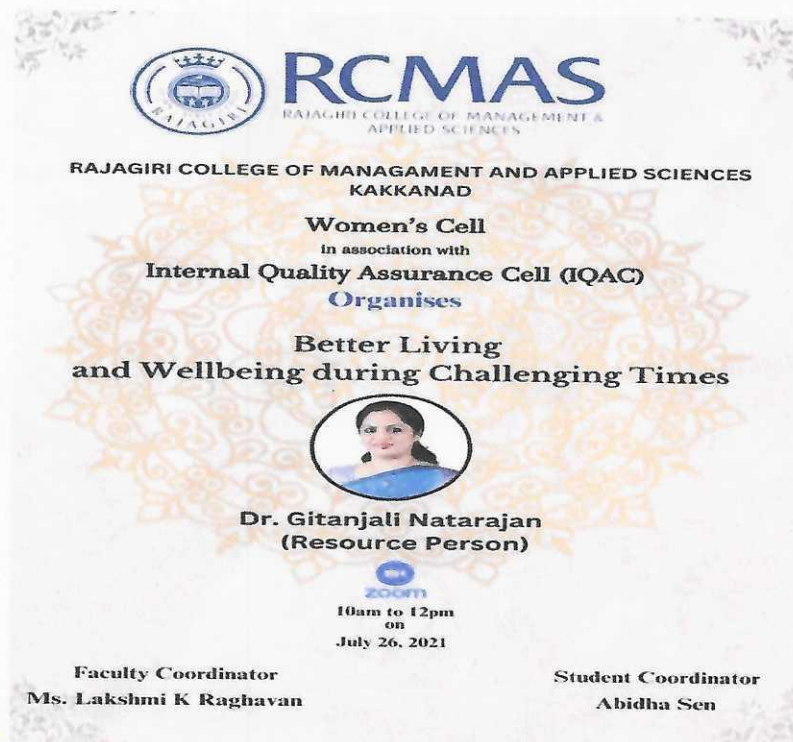


L. Raghavan

to connect with the participants, coupled with her wealth of knowledge, created a conducive environment for meaningful exploration of strategies to cope with the challenges that the young women might encounter.

The outcomes of the workshop were multifold and impactful. Participants gained valuable insights into recognizing and managing stressors, fostering a greater sense of self-awareness. The interactive nature of the session facilitated open discussions on mental health, reducing the stigma associated with seeking help. The workshop not only equipped the students with practical tools for their personal well-being but also laid the foundation for a supportive community within the Women's Club. It fostered a sense of unity among the participants, creating a space where they could openly share their experiences and concerns, further strengthening the bonds among the 2nd-year female students.

Poster of the Workshop



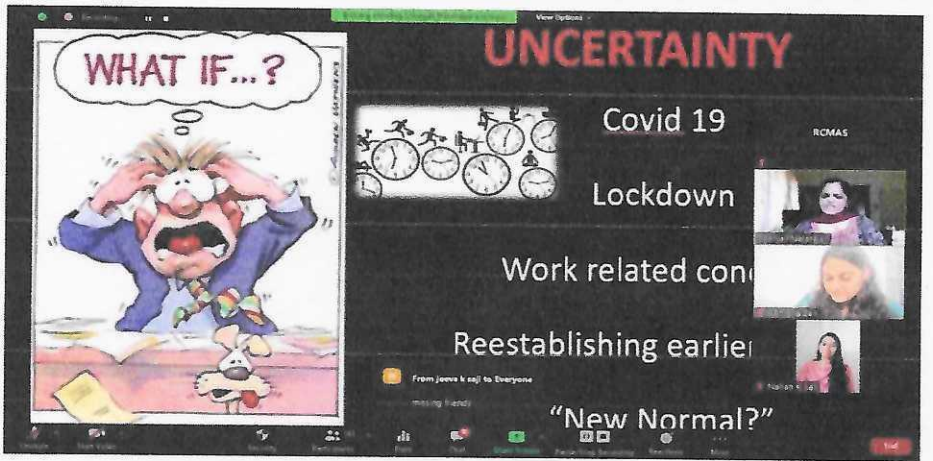
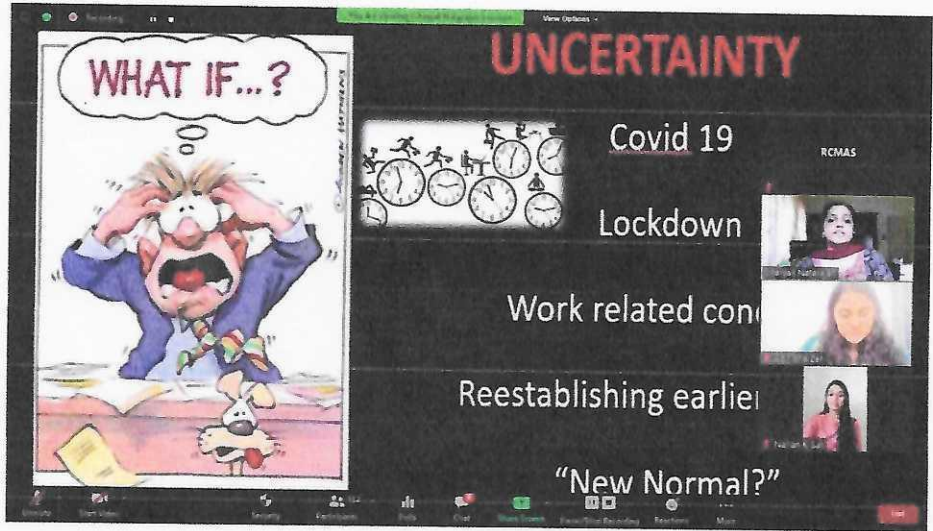
The poster features the RCMAS logo at the top left. The text reads: 'RCMAS RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES KAKKANAD'. Below this, it says 'Women's Cell in association with Internal Quality Assurance Cell (IQAC) Organises Better Living and Wellbeing during Challenging Times'. A circular portrait of Dr. Gitanjali Natarajan is shown, with her name and title '(Resource Person)' below it. The Zoom logo is present, along with the text '10am to 12pm on July 26, 2021'. At the bottom, it lists 'Faculty Coordinator Ms. Lakshmi K Raghavan' and 'Student Coordinator Abidha Sen'.



Lakshmi



Dr. Gitanjali interacting with the students



Legal



WOMEN'S CELL

IN ASSOCIATION WITH IQAC

Workshop on "Better Living and Wellbeing during Challenging Times"

ATTENDANCE SHEET

Date: 26/07/2021




Venue: ZOOM PLATFORM

Sl.no	Name	Sl.no	Name
1	Abidha Sen	16	Adeepa P
2	Aathira Satheesh	17	Keerthana Harikumar
3	Niranjana K S	18	Merin Varghese
4	Nikitha Mariam Alex	19	Gopika Gangadharan
5	Hiba Nazeer	20	P S Nayana
6	Devipriya R	21	Ann Liya
7	Dhiya Ann Dinu	22	Ashna Maria
8	Sona N U	23	Nandhaja Sivaji P
9	Tiya Baiju	24	Megha Jenson
10	Alina Kuruvila	25	Raina Ramesh Kumar
11	Antara B M	26	Vandhana V Rao
12	Christina Biju	27	Anjali K S
13	Gopika Gopakumar	28	Bhadra Ajith
14	Namitha Jeevan	29	Kalyani S
15	Ashmy Abeesh	30	Jasmin Rachel Jacob



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Sl.no	Name	Sl.no	Name
31	Karthika D R	41	Saira Susan Gikku
32	Alena Anil	42	Christeena M Biju
33	Rincy Mathew	43	Jyothika V J
34	Alina Kuruvila	44	Cerah Maria K J
35	Neha Dilu	45	Jesly M Justin
36	Rose C J	46	Navya Praveen
37	Atheendra Santhosh	47	Hisana C T
38	Riya Mathew	48	Aneena Babu
39	Sarah Sajan	49	Archana M
40	Treesa Fancis	50	Kripa Elizabeth Cherian

Report submitted by	Ms. Abidha Sen, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Mr. Tania Anton, Assistant Professor, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Lakshmi K Raghavan, Assistant Professor, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	

Jul 29, 2021



Rev. Fr. Ajeesh Puthussery CMI
Principal




PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley, P. O., Kakkanad - 682 039



Report on "Victim Rights Centre" - A Pledge of Solidarity

Programme	'Victim Rights Center'- a pledge of solidarity was coordinated by the college to end violence against women.
Date	10/12/21
No. of Participants	All the students of the college
Outcome	The program effectively underscored the importance of creating a culture that rejects violence and promotes equality, encouraging students to be advocates for change within their spheres of influence.
Organised by	Women's Cell
Faculty in charge	Ms. Diana Joseph
Student in charge	Ms. Rithu Varsha

In a poignant display of unity and commitment to societal well-being, the Women's Club at our college orchestrated the 'Victim Rights Center' program, a collective pledge of solidarity to end violence against women. This initiative aimed to raise awareness, foster empathy, and empower all students with the knowledge and tools to actively contribute to the eradication of gender-based violence. The event witnessed participation from the entire student body, emphasising the inclusive nature of the initiative and the collective responsibility in creating a safer and more respectful community.

The 'Victim Rights Center' program unfolded as a multi-faceted approach to address the issue of violence against women. The Women's Club organised informative sessions, panel discussions, and workshops led by experts in the field. These sessions covered a spectrum of topics, from understanding the root causes of violence to practical strategies for intervention and support. The engagement of all students in these discussions not only heightened awareness but also facilitated an open dialogue, breaking down barriers and dispelling myths surrounding gender-based violence.



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The program effectively underscored the importance of creating a culture that rejects violence and promotes equality, encouraging students to be advocates for change within their spheres of influence.

The tangible outcome of the 'Victim Rights Center' program extended beyond the walls of the event venue. The collective pledge became a catalyst for a cultural shift within the college community. Students emerged from the program with a heightened sense of responsibility, actively engaging in conversations about consent, respect, and the eradication of harmful stereotypes. The Women's Club, through this initiative, not only established a foundation for ongoing discussions but also initiated practical steps towards creating a safer environment. As students internalised the importance of supporting victims and challenging harmful behaviours, the program laid the groundwork for fostering a campus culture that prioritises empathy, equality, and the well-being of every individual.

Poster of the Pledge

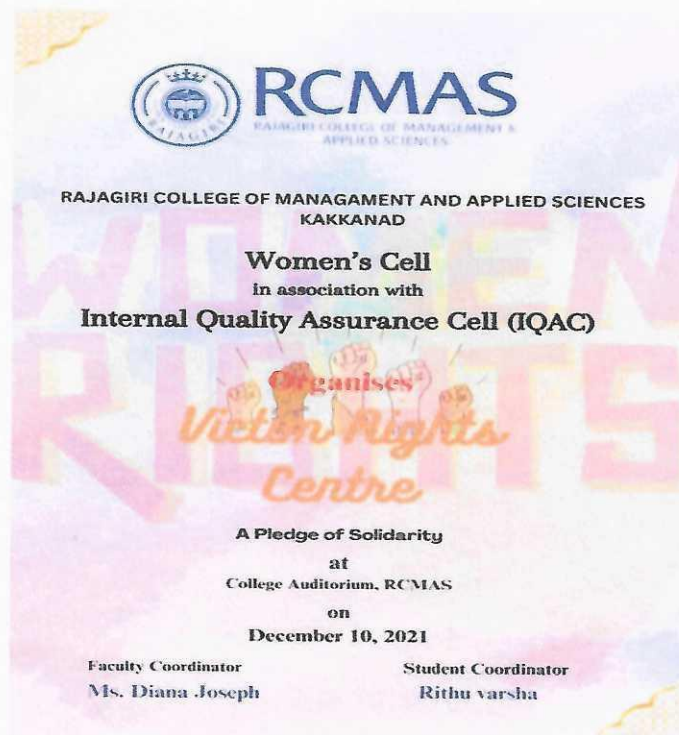





Photo of the Pledge



Report submitted by	Ms. Rithu Varsha, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Diana Joseph, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Lakshmi K Raghavan, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Dec 12, 2021



Rev. Fr. Ajeesh Puthussery CMI
Principal

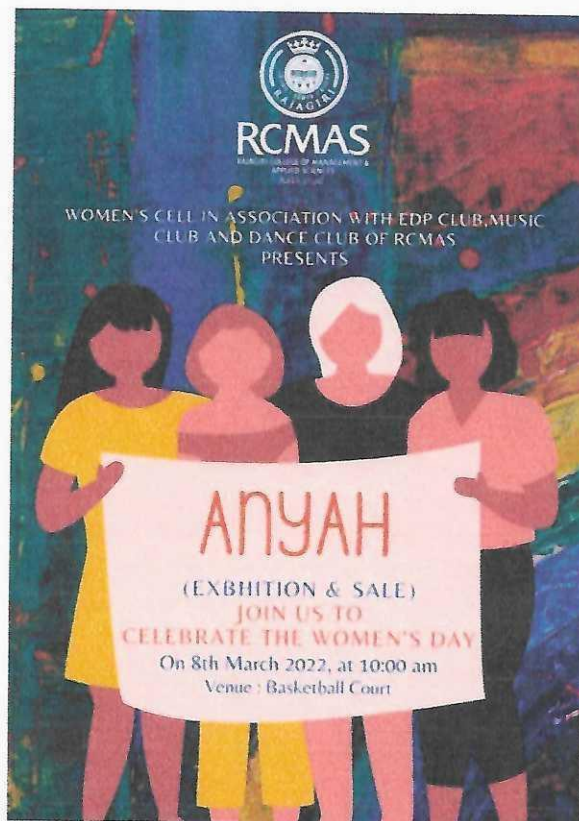



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Rajagiri Valley. P. O., Kakkanad - 682 039



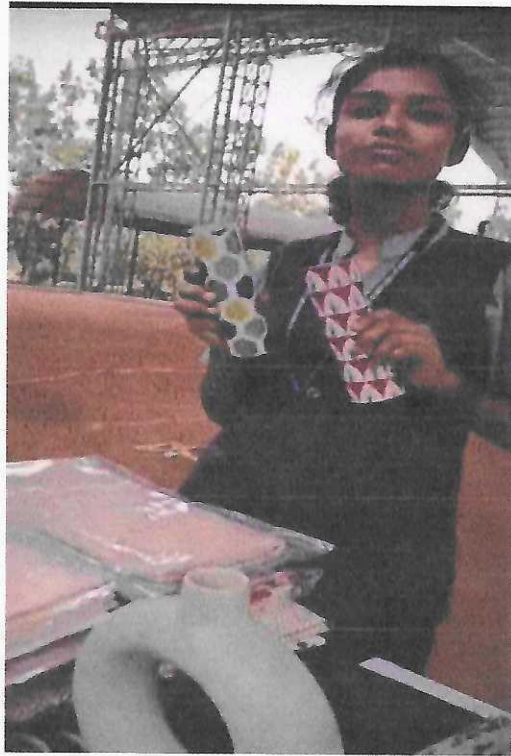
The outcome of the 'ANYAH' program was multifaceted and impactful. Firstly, it provided a platform for women entrepreneurs to showcase their skills and products, offering visibility and recognition that is often crucial for small businesses. The event facilitated networking opportunities and collaborations, creating a supportive community for these women to exchange ideas and experiences. Secondly, from a cultural standpoint, 'ANYAH' contributed to breaking stereotypes and challenging traditional gender roles by highlighting the diverse talents of women. Lastly, the program succeeded in fostering a sense of pride and celebration among the college community, encouraging a more inclusive and supportive environment for women to thrive.

Poster of the event

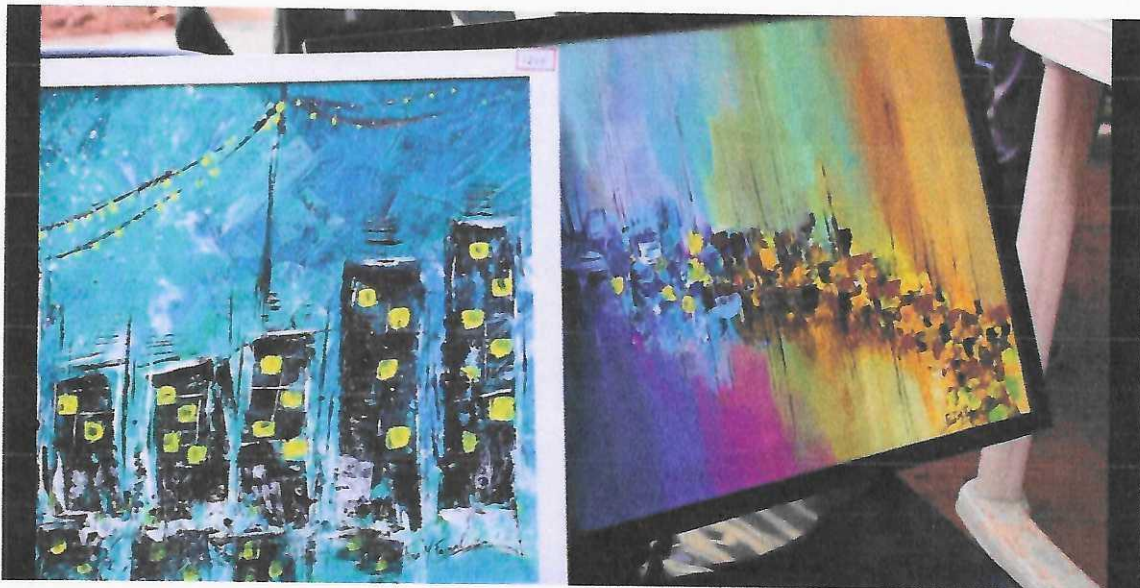


Legal

Photos of the event






Legal



Students exhibiting their works during "Anyah"



Legal

Report submitted by	Ms. Anya Ann, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Ardra C Michael, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Lakshmi K Raghavan, Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Mar 10, 2022




Rev. Fr. Ajeesh Puthussery CMI
Principal



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Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on the Session on Movement Therapy in connection with International Women's Day

Programme	"The Existence of a Woman" a session on Movement therapy in connection with International Women's Day
Date	08/03/2021
No. of Participants	Women staff of the College
Resource Person	Ms. Susheela Pai, Director of Mudra Centre for dance.
Outcome	The session reinforced both the Club's Commitment to holistic well-being and through art and movement.
Organised by	Women's Club & Dance Club
Faculty in charge	Ms. Geethu Giby, Ms. Nileena Sasidharan

In celebration of International Women's Day, the Dance Club at Rajagiri College of Management and Applied Sciences orchestrated a poignant and empowering session titled "The Existence of a Woman." This event, held to honour the essence and strength of womanhood, witnessed enthusiastic participation from the entire lady staff of the college. Facilitated by Ms. Susheela Pai, the esteemed Director at Mudra Centre for Dance, the session delved into movement therapy, leveraging the power of dance and movement as mediums of self-expression and empowerment.

Ms. Susheela Pai, a seasoned expert in dance therapy, led an engaging and insightful session that explored the profound connection between movement and inner expression. Through a series of carefully curated movements and exercises, the session aimed to encourage self-awareness, confidence, and emotional well-being among the participants. It provided a safe space for the lady staff to express themselves freely through movement, fostering a sense of unity and strength within the community.

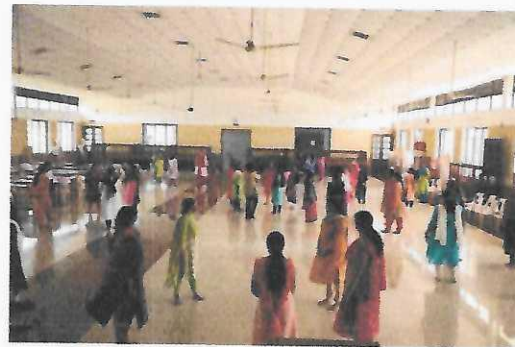


Geethu Giby



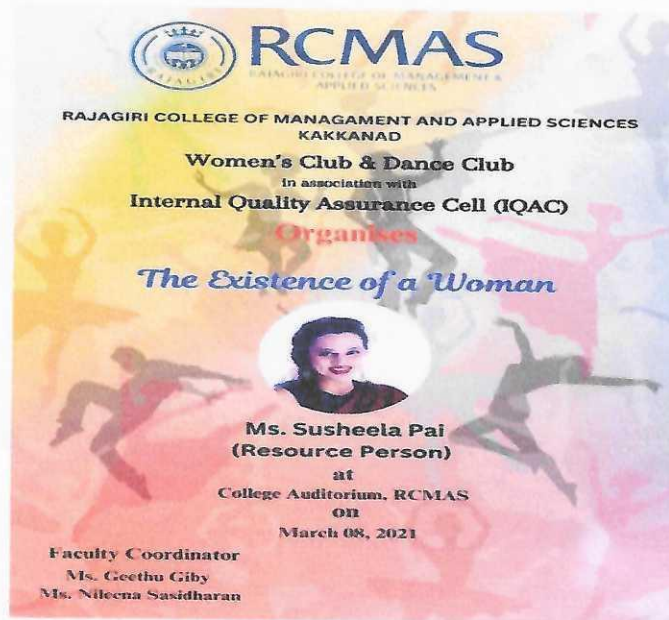
The session served as a transformative experience, transcending mere physical movements to delve into the emotional and psychological realms. It celebrated the multifaceted aspects of womanhood while acknowledging the importance of self-care and expression. Ms. Susheela Pai's expertise and guidance infused the event with a sense of purpose, leaving a lasting impact on the participants and reinforcing the Dance Club's commitment to holistic well-being and empowerment through art and movement.


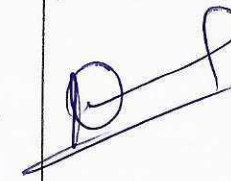

Photographs of the session



Susheela Pai

Poster of the session

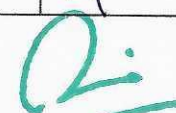


Report submitted by	Ms. Deepthi Tharol, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Nileena Sasidharan, Assistant Professor, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	

Mar 11, 2021




Rev. Fr. Ajeesh Puthussery CMI
Principal



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039

Report on Shakthi- the Online Self-defense Class

Programme	Online Self-defence class 'SAKTHI'
Date	09/03/21
No. of Participants	77 UG students
Resource Person	Master Eldhose P. Aby, General Secretary Taekwondo Association of Ernakulam, TAE
Outcome	The event imparted physical techniques and also cultivated a mindset of confidence and assertiveness among the students.
Organised by	Women's Cell
Faculty in charge	Ms. Geethu Giby
Student in charge	Ms. Deepthi Tharol

The Women's Cell at Rajagiri College of Management and Applied Sciences orchestrated a transformative online self-defence class, 'Shakthi,' aimed at empowering and equipping female students with essential self-defence skills. Conducted by Master Eldhose P Aby, the General Secretary of the Taekwondo Association of Ernakulam TAE, the session was designed to instil confidence, awareness, and practical techniques for self-protection.

Master Eldhose P Aby, renowned for his expertise in martial arts and self-defence, led an engaging and informative session. Through a series of interactive modules and demonstrations, participants were introduced to fundamental self-defence manoeuvres, strategies for personal safety, and ways to handle potentially threatening situations. The online format facilitated an inclusive learning environment, enabling students to actively engage and learn from the comfort of their homes while imbibing invaluable skills crucial for their safety and well-being.

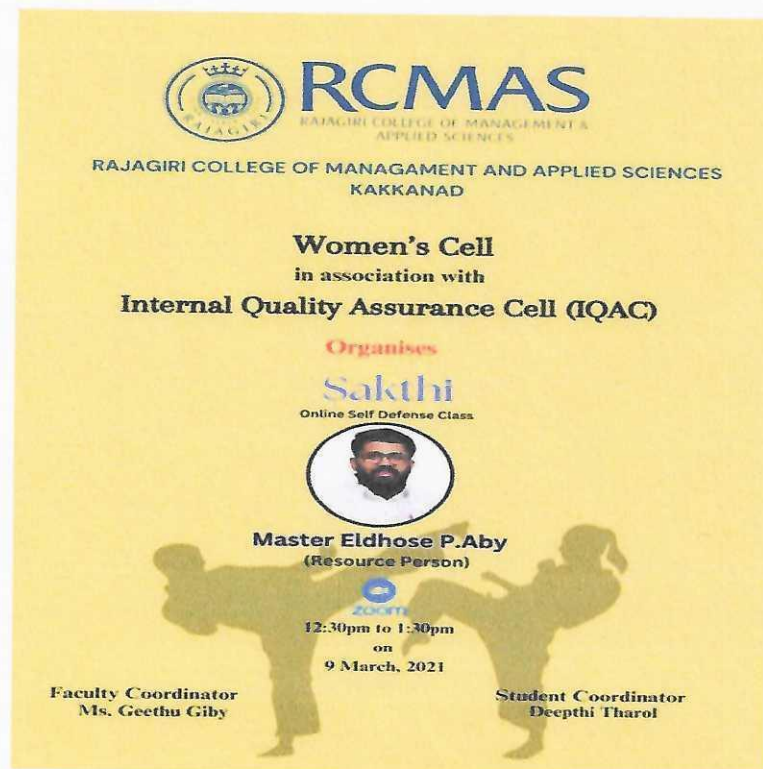
'Shakthi' was more than just a self-defence class; it was an empowering experience that emphasised the importance of preparedness and empowerment among women.




Geethu Giby

The session not only imparted physical techniques but also cultivated a mindset of confidence and assertiveness. By organising this session, the Women's Cell at Rajagiri College reaffirmed its commitment to nurturing a safe and supportive environment for its female students, equipping them with the tools necessary to navigate the world with confidence and resilience.


Poster of the event




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RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD

Women's Cell
in association with
Internal Quality Assurance Cell (IQAC)

Organises
Sakthi
Online Self Defense Class


Master Eldhose P. Aby
(Resource Person)


12:30pm to 1:30pm
on
9 March, 2021

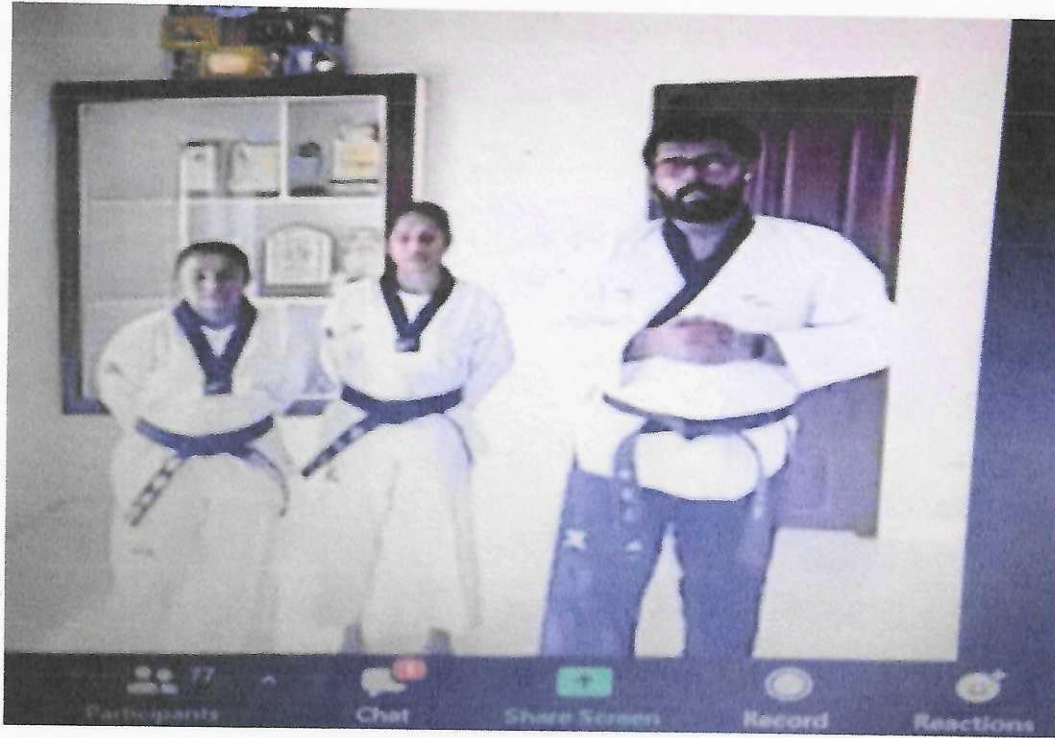
Faculty Coordinator
Ms. Geethu Giby

Student Coordinator
Deepthi Tharol



Legal

Master Eldhose P. Aby interacting with the attendees



A student doing a self defence move



Legal

WOMEN'S CELL
IN ASSOCIATION WITH IQAC
SAKTHI-Online Defence Class

Date: 09/03/2021

Venue: ZOOM PLATFORM

ATTENDANCE SHEET

Sl. no	Name	Sl. no	Name
1	Melda Sabu	19	Aysha Nidha
2	Eza Susan Eldho	20	Gayathri Sunil
3	Sarika Sasikumar	21	Minna Maria Robin
4	Devipriya R	22	Malavika Mohan
5	Dhiya Ann Dinu	23	Neeha Sara Varghese
6	Tiya Baiju	24	Safa P S
7	Varsha Ajay	25	Vaishnavi M Nair
8	Nandhana Shibu	26	Tessy Vincent
9	Gayathri P R	27	Bhadra Ajith
10	Ganga Suresh	28	Karthika D R
11	Anjana Sunil Kumar	29	Jennifer Joseph
12	Nandhaja Prakash	30	Aleena D Cruz
13	Anna Mini jayan	31	Aysha Hiba
14	Namitha Jeevan	32	Lemya Fathima
15	Ashmy Abeesh	33	Ameliya Treesa Rajan
16	Adeepa P	34	Isha Rafeek
17	Naivedhya S	35	Jahnvi Dutt
18	Anjala P M	36	Mereena


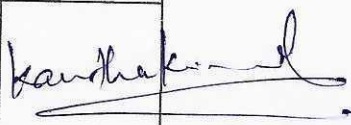



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Sl. no	Name	Sl. no	Name
38	Gowrilakshmi P J	59	Varsha Ajay
39	Irene Joseph	60	Tiya Baiju
40	Maria Johnson	61	Sona N U
41	Aiswarya Praveen	62	Alina Kuruvila
42	Ann Jacob	63	Devipriya R
43	Anna Maria	64	Nandhana Shibu
44	Mahitha Manoj	65	Gayathri Sunil
45	Aleena S	66	Aiswarya Snehajan
46	Anusha A V	67	Neena Joe
47	Devika P	68	Ghadha Jenson
48	Reethu Aaby	69	Keerthana Harikumar
49	Antara B M	70	Merin Varghese
50	Ferhenna Firos	71	Gopika Gangadharan
51	Hashina T H	72	Megha Purushan
52	Kashish Gupta	73	Hridhya P Joshi
53	Athulya Harish	74	Arabhi B
54	Elsa K Martin	75	Fathima Haniya K
55	Sarika Sasikumar	76	Ashmy Abeesh
56	Eza Susan Eldho	77	Devasurya K S
57	Ardhra		
58	Gayathri P R		



Legal

Report submitted by	Ms. Deepthi Tharol, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Kavitha Krishnadas, Assistant Professor, Rajagiri College of English and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	

Mar 11, 2021

Rev. Fr. Ajeesh Puthussery CMI
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on 'Astitva' held in connection with International Women's Day

Programme	A theme based virtual dance competition named 'ASTITVA' in connection with International Women's Day
Date	15/03/21
No. of Participants	52 students from various departments
Outcome	The event encouraged students to explore the celebration of womanhood through the universal language of dance.
Organised by	Women's Cell & Dance Club
Faculty in charge	Ms. Geethu Giby, Ms. Nileena Sasidharan
Student in charge	Ms. Maria Johnson

In commemoration of International Women's Day, the Women's Cell at Rajagiri College of Management and Applied Sciences organised an inspiring virtual dance competition titled 'Astitva.' The event, held with the aim of celebrating and honouring the essence of womanhood, garnered enthusiastic participation from students across various disciplines. Through the medium of dance, the competition sought to promote empowerment, self-expression, and solidarity among participants.

The theme-based competition, 'ASTITVA,' served as a platform for students to showcase their creativity, talent, and interpretation of the diverse facets of womanhood. Participants choreographed and performed dance routines that reflected the strength, resilience, and contributions of women in various spheres of life. The virtual format provided a dynamic canvas for participants to express their individuality and artistic prowess, transcending physical boundaries and fostering a sense of inclusivity and celebration.

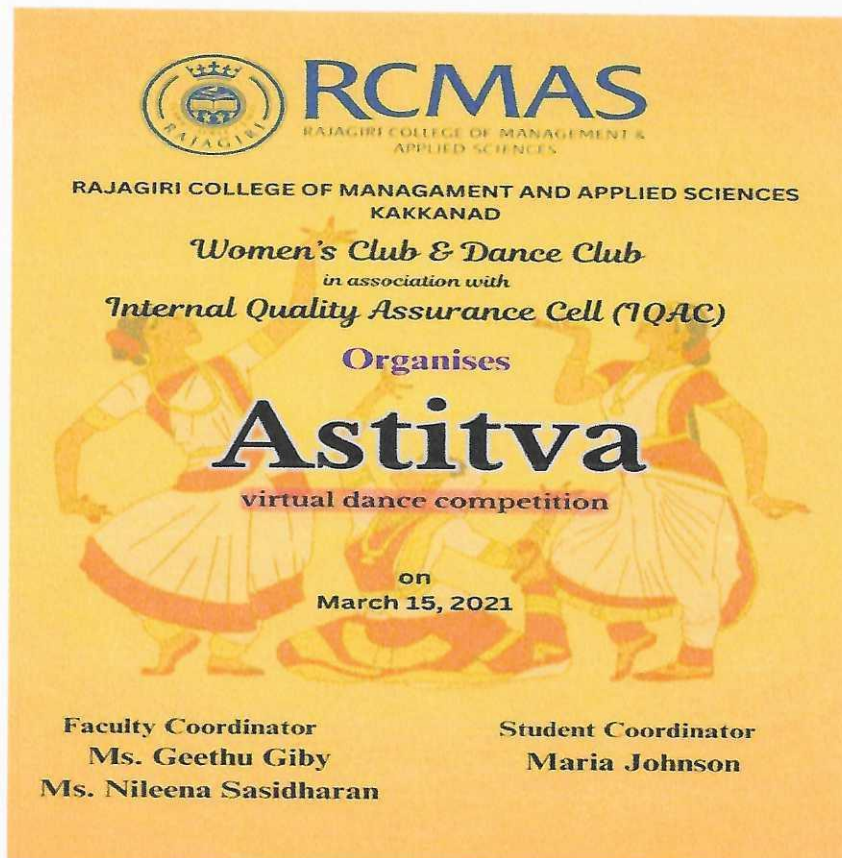
The competition not only showcased remarkable dance performances but also served as a catalyst for dialogue and appreciation of gender equality and diversity. It



Legal

encouraged students to explore themes such as empowerment, gender parity, and the celebration of womanhood through the universal language of dance. The 'Astitva' dance competition organised by the Women's Cell underscored the college's commitment to promoting gender inclusivity, empowerment, and fostering a supportive environment that acknowledges and celebrates the invaluable contributions of women in society.

Poster of the program 'ASTITVA'



RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES
KAKKANAD

Women's Club & Dance Club
in association with
Internal Quality Assurance Cell (IQAC)
Organises
Astitva
virtual dance competition
on
March 15, 2021

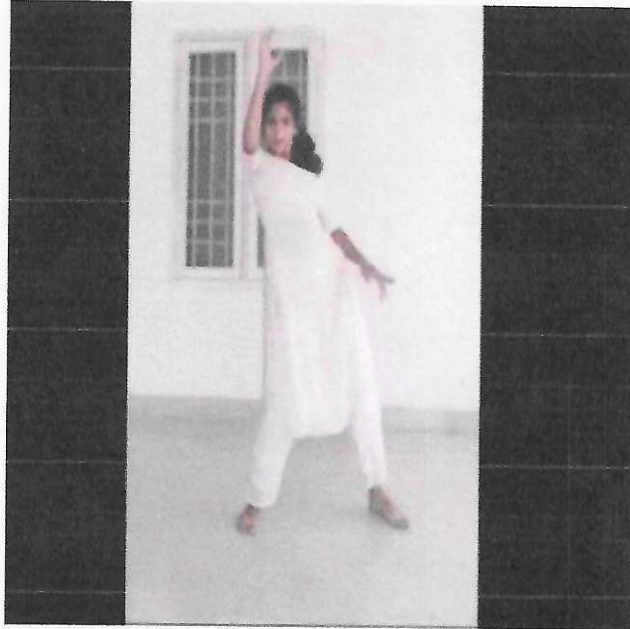
Faculty Coordinator
Ms. Geethu Giby
Ms. Nileena Sasidharan

Student Coordinator
Maria Johnson



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Photos of the session



Legal

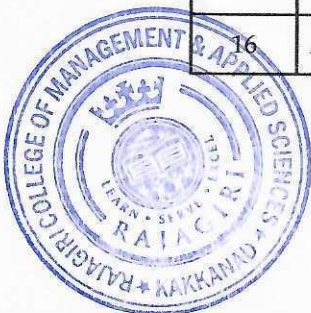
WOMEN'S CELL
IN ASSOCIATION WITH IQAC
ASTITVA-Virtual Dance Competition

Date: 15/03/2021

Venue: ZOOM PLATFORM


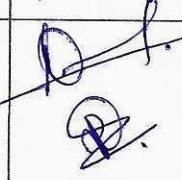

ATTENDANCE SHEET

Sl. no	Name	Sl. no	Name
1	Elsa K Martin	17	Fathima Haniya K
2	Eza Susan Eldho	18	Anjala P M
3	Sarika Sasikumar	19	Aysha Nidha
4	Devipriya R	20	Gayathri Sunil
5	Dhiya Ann Dinu	21	Aiswarya Snehajan
6	Tiya Baiju	22	Neena Joe
7	Varsha Ajay	23	Ghadha Jenson
8	Nandhana Shibu	24	Keerthana Harikumar
9	Gayathri P R	25	Merin Varghese
10	Ganga Suresh	26	Gopika Gangadharan
11	Aleena Antony	27	Megha Purushan
12	Devasurya K S	28	Hridhya P Joshi
13	Anna Mini jayan	29	Aarabhi B
14	Namitha Jeevan	30	Aleena D Cruz
15	Ashmy Abeesh	31	Aysha Hiba
16	Adeepa P	32	Lemya Fathima



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Sl. no	Name	Sl. no	Name
33	AMeliya Treesa Rajan	43	Anna Maria
34	Isha Rafeek	44	Mahitha Manoj
35	Jahnavi Dutt	45	Aleena S
36	Mereena	46	Anusha A V
37	Anagha Mary	47	Devika P
38	Gowrilakshmi P J	48	Reethu Aaby
39	Irene Joseph	49	Antara B M
40	Maria Johnson	50	Ferhenna Firos
41	Aiswarya Praveen	51	Hashina T H
42	Ann Jacob	52	Kashish Gupta

Report submitted by	Ms. Maria Johnson, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Nileena Sasidharan & Ms. Veena Renjini, Assistant Professors, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	

Mar 18, 2021




Rev. Fr. Ajeesh Puthussery CMI
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on the session titled 'Discover the Versatile Woman in You'

Programme	A session titled 'Discover the Versatile Woman in You' was organized.
Date	27/08/2019
No. of Participants	39 students
Resource Person	Ms. Roopa George
Outcome	The session fostered versatility and resilience among the women at Rajagiri College of Management and Applied Sciences.
Organized by	Women's Cell
Faculty in charge	Ms. Geethu Giby
Student in charge	Ms. Vaishnavi A P

The Women's Cell of Rajagiri College of Management and Applied Sciences hosted a transformative session titled 'Discover the Versatile Woman in You' on August 27, 2019. The session, aimed at empowering female students, attracted a noteworthy participation of 60 students. Mrs. Roopa George, an esteemed resource person, led the session, providing valuable insights into various aspects of versatility for women. Mrs. George's expertise and engaging presentation captivated the audience, covering topics such as personal growth, career aspirations, and the evolving role of women in society. The session fostered an interactive environment, allowing participants to gain practical advice and perspectives.

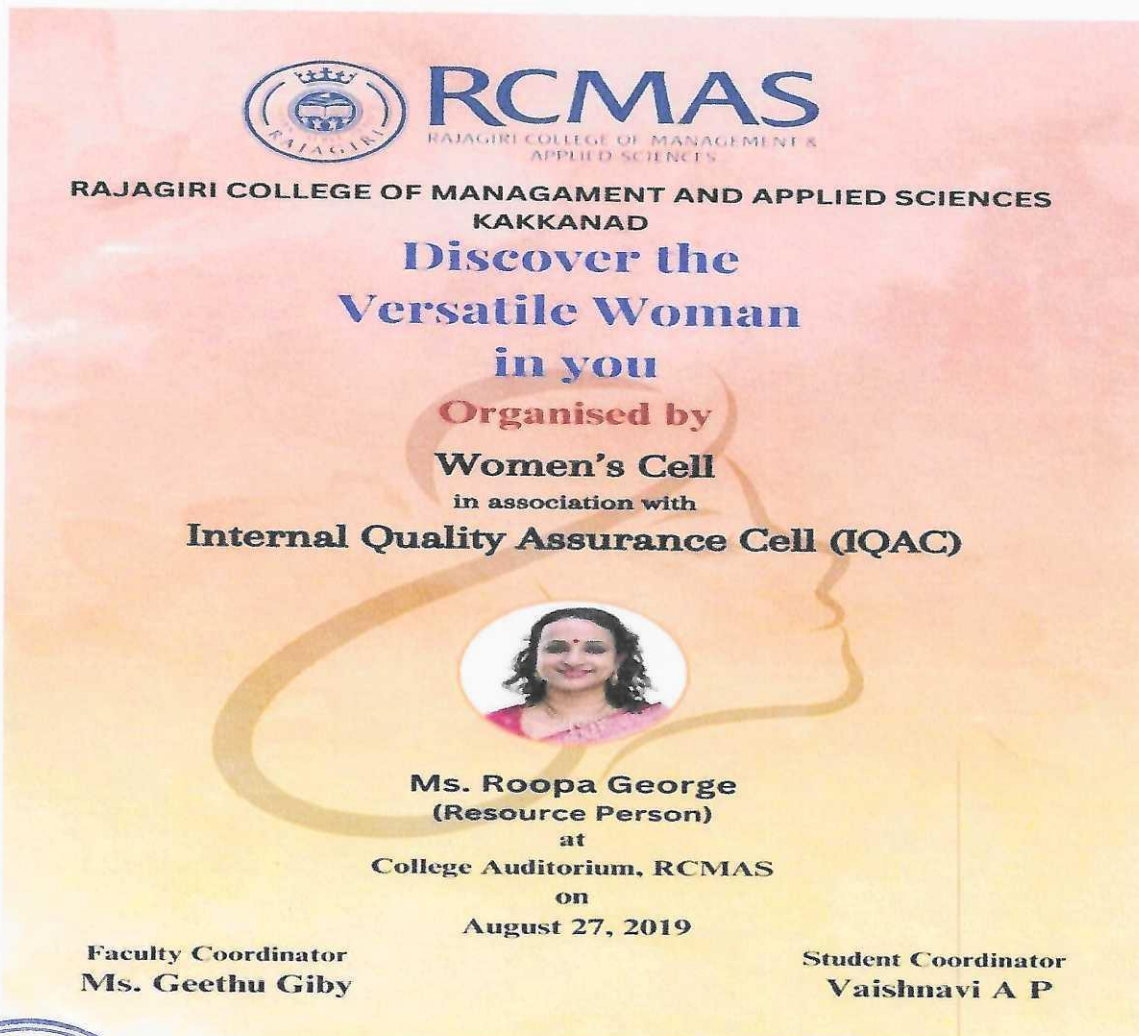
The event underscored the commitment of Rajagiri College to the holistic development of its female student community. The Women's Cell orchestrated the initiative seamlessly, creating a platform that not only encouraged self-discovery but also promoted a sense of unity and support among participants.




Geethu Giby

In conclusion, the Women's Cell's initiative on August 27, 2019, featuring Mrs. Roopa George as the resource person, was a successful endeavor in empowering and inspiring 60 students. The session marked a significant step towards fostering versatility and resilience among the women at Rajagiri College of Management and Applied Sciences.

Poster of the Session




 **RCMAS**
RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES

**RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD**

**Discover the
Versatile Woman
in you**

**Organised by
Women's Cell**
in association with
Internal Quality Assurance Cell (IQAC)



**Ms. Roopa George
(Resource Person)**
at
College Auditorium, RCMAS
on
August 27, 2019

**Faculty Coordinator
Ms. Geethu Giby**

**Student Coordinator
Vaishnavi A P**



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Photos of the session



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Attendance statement of the Session



WOMEN'S CELL, IN ASSOCIATION WITH IOAC
'Discover the Versatile Woman in You'
RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES,
Kakkanad
ATTENDANCE SHEET

SL.No.	Name	Class	Sign	SL.No.	Name	Class	Sign
1	AMY MARY BENEDICT	BAE	<i>Mari</i>	22	SHIREYA IOJI PALLAN	BBA	<i>Shireya</i>
2	ANJU S	BAE	<i>Anju</i>	23	SOORYA S	BBA	<i>Soorya</i>
3	ANN TREASA JOSEPH	BAE	<i>Ann</i>	24	SUHANA MOOSA	BBA	<i>Suhana</i>
4	ARATHI E A	BAE	<i>Arathi</i>	25	VYSHNAVI A P	BBA	<i>Yashna</i>
5	ELSA MARIAM ABRAHAM	BAE	<i>Elsa</i>	26	FATHIMA MEETHEEN DM	B.COM	<i>Fathima</i>
6	GOURI LAKSHMI P J	BAE	<i>Gouri</i>	27	VAISHNAVI B	B.COM	<i>Vaishna</i>
7	HIRANWATHI	BAE	<i>Hiran</i>	28	ANNA JOY	B.COM	<i>Anna</i>
8	IRENE JOSEPH	BAE	<i>Irene</i>	29	CISALLA JAISON	B.COM	<i>Cisalla</i>
9	KRISHNA PRIYA N V	BAE	<i>Krishna</i>	30	CYRIL VARGHESE MANOJ	B.COM	<i>Cyril</i>
10	LEENA JOSHY THOMAS	BAE	<i>Leena</i>	31	DEEPTHI THAROL	B.COM	<i>Deepthi</i>
11	MAHIMA MANOJ	BAE	<i>Mahima</i>	32	LAKSHMI S MENON	B.COM	<i>Lakshmi</i>
12	MANNA MENACHERY	BAE	<i>Manna</i>	33	MANU SEBASTIAN	B.COM	<i>Manu</i>
13	MARIA JOHNSON	BAE	<i>Maria</i>	34	NIKHITA ELISHA FENN	B.COM	<i>Nikhita</i>
14	NANDITA BINUDAS	BAE	<i>Nandita</i>	35	NIKITHA SUDEESH	B.COM	<i>Nikitha</i>
15	RENJANA S NAIR	BAE	<i>Renjana</i>	36	POURNAMI NANDAKUMAR	B.COM	<i>Pournami</i>
16	RIYA C MARTIN	BAE	<i>Riya</i>	37	TIARA M MANOJ	B.COM	<i>Tiara</i>
17	SARA BINOY	BAE	<i>Sara</i>	38	HANNA NIZA HASHIM	B.COM	<i>Hanna</i>
18	SREELAKSHMI P	BAE	<i>Sreelakshmi</i>	39	HRIDYA E SUNIL	B.COM	<i>Hridya</i>
19	SRUTHY S JAYAMON	BAE	<i>Sruthy</i>				
20	DIVYA MARY MOSES	BBA					
21	DURGA PAVAL	BBA					

August 27, 2019
Kakkanad






Geetha
Ms Geetha Gily
Women's Cell Coordinator




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Report submitted by	Ms. Vaishnavi AP, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Anila Varghese, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Aug 30, 2019




Rev. Fr. A J Saviance CMI
Principal

PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Krav Maga - Self Defense Class

Programme	'Krav Maga' - Self Defense Class
Date	25/11/2019
No. of Participants	38 Final year girls of various departments
Resource Person	Mr. Rajan Varghese and Mrs. Tesney Varghese.
Outcome	The event addressed the importance of physical self-defense but also fostered a sense of confidence and empowerment among the participants
Organized by	Women's Cell
Faculty in charge	Ms. Geethu Giby
Student in charge	Ms. Devika E G

The Women's Cell at our institution took a proactive step in empowering final-year female students by organizing a self-defense class on November 25, 2019. The session focused on 'Krav Maga,' an effective and practical self-defense system. The initiative aimed to equip the participants with essential skills and knowledge to enhance their personal safety and security.

The resource persons for the self-defense class were Mr. Rajan Varghese and Mrs. Tesney Varghese, experts in Krav Maga. Their expertise added significant value to the session, ensuring that the participants received high-quality instruction in a safe and supportive environment. Mr. and Mrs. Varghese not only imparted physical techniques but also emphasized the importance of situational awareness and mental preparedness in self-defense.

The self-defense class proved to be both engaging and empowering for the final-year girls. Participants actively practiced various Krav Maga techniques under the



Geethu Giby

guidance of the resource persons. The session not only addressed the importance of physical self-defense but also fostered a sense of confidence and empowerment among the participants, emphasizing the Women's Cell's commitment to the holistic well-being of its members. Through initiatives like these, the Women's Cell contributes to creating a campus culture that prioritizes the safety and empowerment of all its members.

Poster of the session.



The poster is for a Krav Maga Self Defense Class. It features the RCMAS logo at the top left. The text reads: 'RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES KAKKANAD', 'Krav Maga Self Defense Class', 'Organised by Women's Cell in association with Internal Quality Assurance Cell (IQAC)'. A circular portrait of Mr. Rajan Varghese is shown. Below it, the text says: 'Mr. Rajan Varghese (Resource Person) at College Auditorium, RCMAS on November 25, 2019'. At the bottom, it lists 'Faculty Coordinator Ms. Geethu Giby' and 'Student Coordinator Devika E G'.



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Photos of students participating in the session.





Attendance documentation of Krav Maga.



WOMEN'S CELL IN ASSOCIATION WITH IQAC
"Krav Maga" - Self Defense Class

Sl. No	Name	Class	Sign	Sl.No	Name	Class	Sign
1	ALEENA MERIN THOMAS	BAA	<i>[Signature]</i>	21	NEENA JOE	BCA	<i>[Signature]</i>
2	ANNA BHINI JAWAN	"	<i>[Signature]</i>	22	NEHA JOE	"	<i>[Signature]</i>
3	DAISY G DEVASSY	"	<i>[Signature]</i>	23	NEHLA ABDULLA	"	<i>[Signature]</i>
4	DIVA FRANCIS	"	<i>[Signature]</i>	24	NUZHA GATFOOR M	"	<i>[Signature]</i>
5	DONNA SURESH	"	<i>[Signature]</i>	25	PRIYANNA MARIA	"	<i>[Signature]</i>
6	EZA FATHIMA	"	<i>[Signature]</i>	26	SAFWA FAIROOZ V H	"	<i>[Signature]</i>
7	GANGA SURESH	"	<i>[Signature]</i>	27	ANNA JOY	"	<i>[Signature]</i>
8	MUNEERA.P.S	"	<i>[Signature]</i>	28	CISALLA JAISON	BCOM	<i>[Signature]</i>
9	NIKHITA	"	<i>[Signature]</i>	29	CYRIL VARGHESE MANOJ	"	<i>[Signature]</i>
10	RHANA PS	"	<i>[Signature]</i>	30	DEEPTHI THAROL	"	<i>[Signature]</i>
11	RITIKA NELSON	"	<i>[Signature]</i>	31	LAKSHMI S MENON	"	<i>[Signature]</i>
12	ANJANA SUNIL KUMAR	BCA	<i>[Signature]</i>	32	MANU SEBASTIAN	"	<i>[Signature]</i>
13	ANN MARIYA SANDRA	"	<i>[Signature]</i>	33	NIKHITA ELISHA FENN	"	<i>[Signature]</i>
14	DEVKA E G	"	<i>[Signature]</i>	34	NIKHITA SUDEESH	"	<i>[Signature]</i>
15	FEMY ELIZABETH BUJ	"	<i>[Signature]</i>	35	POURNAMI NANDAKUMAR	"	<i>[Signature]</i>
17	GAYATHRI S MENON	"	<i>[Signature]</i>	36	HANNA NIZA HASHIM	"	<i>[Signature]</i>
18	GAYATHRY SUNIL	"	<i>[Signature]</i>	37	HRIDYA E SUNIL	"	<i>[Signature]</i>
20	GHADHA JENSON	"	<i>[Signature]</i>	38	KEERTHANA A	BCA	<i>[Signature]</i>

25 November 2019
Kakkanad






[Signature]
Women's Cell Coordinator
Ms. Greetha Geigy

[Signature]





Report submitted by	Ms. Devika, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Lakshmi K Raghavan, Assistant Professor, Department of English, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Nov 28, 2019



Rev. Fr. A J Saviance CMI
Principal

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Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039



Report on the Culinary Course named 'Food Craft'

Programme	A certificate course on culinary skills by the name 'Food Craft' was conducted.
Date	28/11/2019 to 16/12/2019
No. of Participants	48 students
Resource Person	Mr. Aby K.K.
Outcome	The Women's Cell provided its members with diverse and enriching learning experiences that contribute to their personal and professional development.
Organized by	Women's Cell
Faculty in charge	Ms. Veena Renjini & Ms. Amrutha Antony
Student in charge	Ms. Nikita

The Women's Cell at our college organized a comprehensive certificate course on culinary skills named 'Food Craft,' offering a unique opportunity for members to enhance their proficiency in the culinary arts. The course, conducted by the skilled and experienced resource person, Mr. Aby K.K., aimed to provide hands-on training and practical insights into the world of cooking.

Mr. Aby K.K. brought a wealth of expertise to the sessions, guiding participants through various aspects of culinary skills. The course covered a wide range of topics, including basic cooking techniques, recipe exploration, and presentation aesthetics. Through a combination of theory and practical demonstrations, participants gained valuable knowledge that extended beyond the confines of traditional recipes, fostering a deeper understanding of the culinary craft.

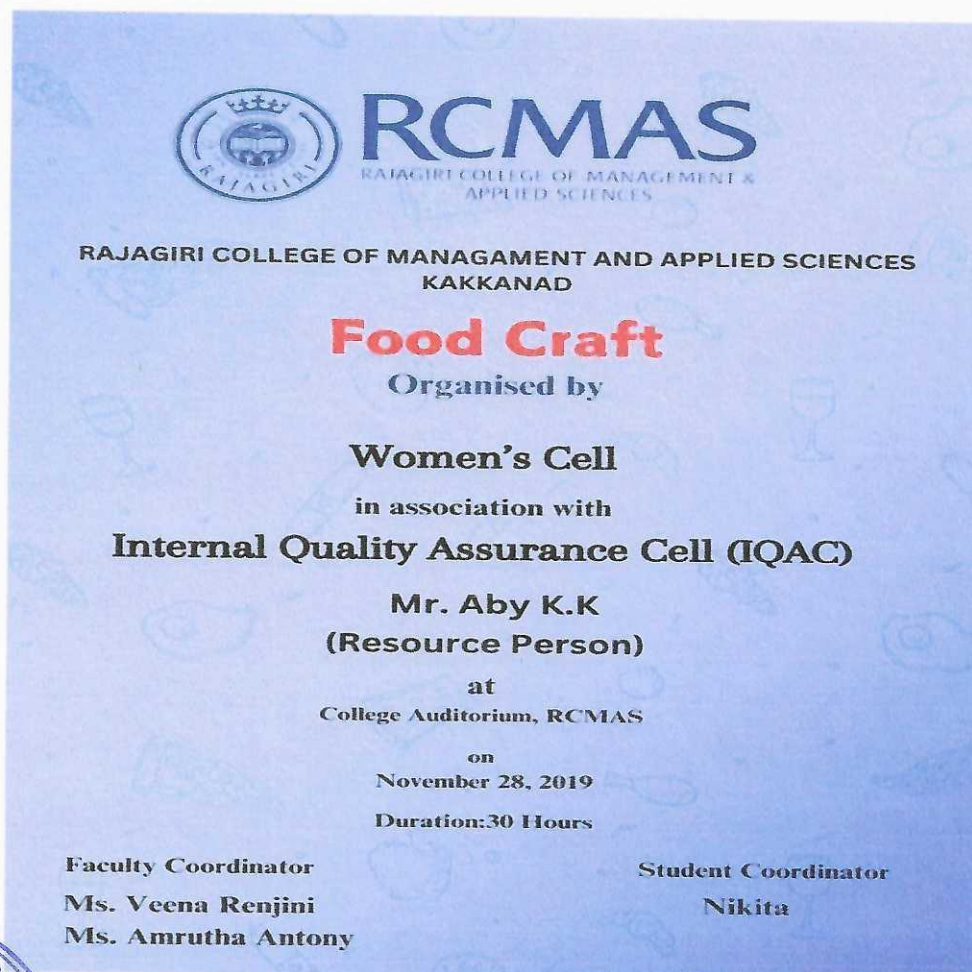
The 'Food Craft' certificate course was well-received by members of the Women's Cell, creating an engaging and interactive learning environment. Participants not only




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honed their cooking skills but also developed a greater appreciation for the artistry and creativity involved in culinary endeavors. The course, under the guidance of Mr. Aby K.K., exemplified the Women's Cell's commitment to providing its members with diverse and enriching learning experiences that contribute to their personal and professional development.

Poster of 'Food Craft'



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**RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD**

Food Craft
Organised by

Women's Cell
in association with

Internal Quality Assurance Cell (IQAC)

Mr. Aby K.K
(Resource Person)

at
College Auditorium, RCMAS

on
November 28, 2019

Duration: 30 Hours

Faculty Coordinator
Ms. Veena Renjini
Ms. Amrutha Antony

Student Coordinator
Nikita



Veena



Photos of students participating in the session.



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Sample Certificate Issued



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Attendance Statement



Women's Cell in association with IQAC
Food Craft - A certificate course in Culinary Skills
Attendance Sheet

Sl. no	Name	Class	Sign	Sl. no	Name	Class	Sign
1	ANJANA SUNIL KUMAR	BCA	<i>[Signature]</i>	16	ANJALI BAIJU	B Com	<i>[Signature]</i>
2	ANN MARIYA SANDRA	"	<i>[Signature]</i>	17	ANJANA ANIL	"	<i>[Signature]</i>
3	GAYATHRI S MENON	"	<i>[Signature]</i>	18	ANSA ROSE JOSEPH	"	<i>[Signature]</i>
4	GAYATHRY SUNIL	"	<i>[Signature]</i>	19	RIYA C MARTIN	BAE	<i>[Signature]</i>
5	GHADHA JENSON	"	<i>[Signature]</i>	20	ROSE MARY	"	<i>[Signature]</i>
6	AISWARYA S S	BBA	<i>[Signature]</i>	21	SABA SALAHUDIN	"	<i>[Signature]</i>
7	ALEENA D CRUZ	"	<i>[Signature]</i>	22	SARA BINOY	"	<i>[Signature]</i>
8	ALEENA SUDHEER	"	<i>[Signature]</i>	23	SMRITI S	"	<i>[Signature]</i>
9	ALFIYA P A	"	<i>[Signature]</i>	24	SREELAKSHMI P	"	<i>[Signature]</i>
10	DURGA PAVAL	"	<i>[Signature]</i>	25	AMRITHA M S	B Com	<i>[Signature]</i>
11	EBRAHIM HARI NASIR	"	<i>[Signature]</i>	26	ANJALI BINOY	"	<i>[Signature]</i>
12	FATHIMA MINA	"	<i>[Signature]</i>	27	ANNA SUNNY	"	<i>[Signature]</i>
13	G SHAYANI A B JAYAWARDENA	"	<i>[Signature]</i>	28	ARCHAN D SAJ	"	<i>[Signature]</i>
14	ALEEN RAJU	"	<i>[Signature]</i>	29	ARCHANA RAJESH	"	<i>[Signature]</i>
15	AMY MARY BENEDICT	"	<i>[Signature]</i>	30	ARYA R	"	<i>[Signature]</i>



[Handwritten Signature]

31	AMANDA SUSAN THOMAS	B Co m	<i>Maria D</i>	SL. No	ANNA TOBIN	BAA	<i>Anna</i>
32	ANJANA G	"	<i>Sujia</i>	41	ARYA JAYARAJ	"	<i>Arya</i>
33	ANN MARIA TERESA K	"	<i>Ann</i>	42	ASHMY ABEESH	"	<i>Ashmy</i>
34	AADA SOJAS	BAE	<i>Adna</i>	43	ASWATHY	"	<i>Aswathy</i>
35	AATHIRA SATHISH	"	<i>Athi</i>	44	PR ASHITHA	BCA	<i>Prashitha</i>
36	ABHIDHA ZEN	"	<i>Abhi</i>	45	P S NAYANA	"	<i>Ps Nayana</i>
37	ADYA ARUN	"	<i>Adya</i>	46	RIDHA ANSAR	"	<i>Ridha</i>
38	AISWARYA PRAVEEN	"	<i>Aiswarya</i>	47	S R DEVIKA	"	<i>Sr Devika</i>
39	GANGA SREEKUMAR	B Co m	<i>Ganga</i>	48	SAMYUKTHA RAJIV	"	<i>Samyuktha</i>
40	GAYATHRI P MALLYA	"					




28/11/2019
Kakkanad



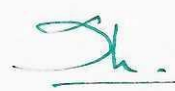
Opudha
Women's Cell Coordinator



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Report submitted by	Ms. Nikita, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Amrutha Antony & Ms. Veena Renjini, Assistant Professors, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Geethu Giby, Women's Cell Coordinator & Assistant Professor, Rajagiri College of Management and Applied Sciences, Kakkanad	

Dec 16, 2019


Rev. Fr. A J Saviance CMI
Principal





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